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MODEL BEHAVIOUR

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VANCOUVER metro®
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Minister hexes job posting for Wiccan priest in prison

Corrections. Vic Toews wasn't consulted about tender for B.C. position: Government official

Public Safety Minister Vic Toews appears less concerned about the quality of spells cast from behind bars than he is about a backlash from taxpayers, cancelling a Corrections Canada tender for a priest to nurture the spiritual needs of witches in prison.

Earlier this week, the federal prison agency put out a request for a proposal for a Wiccan chaplain in British Columbia who would provide about 17 hours of service a month, about an hour less than the department says it needs for the Jewish faith.

About an hour after The Canadian Press reported on the contract, a statement from Toews' office said it will not proceed until after a review.

"Religious freedom is a paramount value in Canadian society," Julie Carmichael, director of communications for the minister, said in an email.

"However, the government is not convinced all services offered through the chaplaincy program reflect an appropriate use of taxpayer dollars."

Guidance with casting spells, invocation of the gods and goddesses, and rituals involving the four elements were among the services that could have been offered to inmates as part of the prison system's roster of available spiritual services.

"This has been put to tender because there is a need," Corrections spokesman David Harty said before the tender was cancelled.

"The requirement of these services is ongoing. It has been used in the past."

Pat Stawski, a Wiccan priestess in Campbell River, says she's certain the program was pulled because of opposition and pressure within the government, and she's very disappointed.

"The prisoners have the right to their spiritual guidance," she said. "That is part of the charter."

The tender included a generic job description and listed the pay as ranging from $25,000 to $50,000. The chaplain would be required to deliver Wiccan spiritual services, pastoral counselling and crisis intervention. **THE CANADIAN PRESS**

Quoted

"People have ancient views of Wiccan or paganism, people have a very negative image, and it's taken a long time to get people to understand we're not devil worshippers, we're not bad people — we're just simple tree-huggers."

Wiccan priestess Pat Stawski

Meredith Kimber, left, is seen during a Wiccan ritual circle honouring the Earth at the sixth annual Pagan Pride Day at Departure Bay Beach in Nanaimo in 2010. Public Safety Minister Vic Toews has cancelled a tender for a priest or priestess in B.C. who would deliver spiritual services for prison inmates who practise witchcraft. DANIELLE BELL/NANAIMO DAILY NEWS/THE CANADIAN PRESS

Simon says he's good to go

Slotback declares himself fit to play on Saturday, when B.C. Lions take on Montreal Alouettes PAGE 50

It's that time of year again

Backstage Pass offers some tips for navigating the Vancouver Fringe Festival PAGE 31

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Cabinet shuffle

Clark reorders her team for 2013 election

Longtime B.C. cabinet minister Mike de Jong has been given the finance portfolio in a front-bench overhaul aimed at putting a new team in place for next year's provincial election.

B.C. Premier Christy Clark has also given promotions to Mary Polak, who now takes on transportation, and Margaret MacDiarmid, a family doctor and former head of the B.C. Medical Association who becomes the minister of health.

Don MacRae was elevated from agriculture minister to education.

Rich Coleman is now Clark's deputy premier and retains his job in energy and mines after declaring Tuesday he would stay to fight in the next election.

"This is the renewal of the B.C. cabinet," Clark said Wednesday. "With this team, our government will continue to deliver for British Columbians."

Both Bill Bennett and Moira Stilwell will return to cabinet after absences since Clark took over as Liberal leader. Bennett becomes minister of community, sport and cultural development while Stilwell takes over the Ministry of Social Development.

THE CANADIAN PRESS

Christy Clark
CHAD HIPOLITO/THE CANADIAN PRESS

Strikers are seen in downtown Vancouver during a strike of more than 27,000 British Columbia government workers Wednesday. Wages are at the centre of the 24-hour action by members of the B.C. Government and Service Employees Union and its supporting unions. JONATHAN HAYWARD/THE CANADIAN PRESS

Unions shut it all down for one day

Government workers. Walkout staged by about 27,000 workers meant to show importance of their services: Union rep

About 27,000 public servants across British Columbia staged a one-day strike Wednesday, marking the union's first full-scale walkout in more than two decades in the face of a government that has repeatedly warned any substantial wage increases would inevitably trigger higher taxes.

The walkout, involving roughly 25,000 members of the B.C. Government and Service Employees Union and about 2,000 more from two other unions, is the most significant job action to date in an escalating dispute between the province and its unionized workers.

It also happened the same day Premier Christy Clark shuffled her cabinet, throwing a new finance minister into the middle of the labour unrest, though the premier immediately suggested her government's stance would remain the same.

Union president Darryl Walker said the strike, affecting a range of services such as government-run liquor stores and government permitting, was designed to ensure the public understands what those workers actually do.

"We don't want to take the services out, but we need the general public to know the services we provide and how important they are," Walker said after chatting with picketing workers outside provincial Crown counsel offices in downtown Vancouver.

"And we need the government to know that we can take those services away. We don't want to, but we think we need to."

Walker said a prolonged strike hasn't been ruled out, though he insisted the union would prefer a negotiated settlement and is willing to hash one out whenever the province wants.

THE CANADIAN PRESS

It's been a while

Union president Darryl Walker noted the union hasn't staged a widespread walkout since 1988.

- In July, workers at three liquor-distribution centres in Vancouver, Victoria and Kamloops walked off the job for a day, but most members of the public weren't affected by the walkout and wouldn't have passed by picket lines of striking workers.
- Walker wouldn't say what action, if any, the union may consider next.

1 NEWS

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Green Men make top of the class

Force and Sully earn one for the team.
Spandex-clad Canucks devotees are headed to ESPN's Hall of Fans

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Vancouver's Green Men are probably doing handstands of happiness right now.

The spandex-wearing duo — Force and Sully — have cemented their name in ESPN's Hall of Fans, being one of three superfans who will be inducted into the inaugural class.

"It's really cool knowing that making it two or three years in spandex has paid off and that people recognize the fandom behind it all," Sully said.

However, according to an ESPN press release, it seems that only Sully will get his name immortalized.

Sully said as far as he knows, it's both of them being inducted.

"But if it's just me, that could be a little awkward," he added. "I'm not exactly sure how it's going to go down, but the Green Men, the Canucks and Canada will be represented one way or another."

An ESPN spokesperson told Metro Wednesday that Force will be an honorary member.

The winning superfans will be honoured with a plaque plastered on three vintage stadium chairs at a ceremony on ESPN's Bristol, Conn., campus on Sept. 19.

The winners will also get a $1,000 StubHub gift certificate and a writeup in the Oct. 5 edition of ESPN The Magazine.

"It's just really amazing to follow up Ryan Kesler's appearance last year in the ESPN magazine. We're going to have a bit more clothing on, but we can't promise that," Sully said.

"It's going to be something that we can share with our fans back home here. We started doing this because of the fans and we've always done this for the fans."

"I'm not sure if there's a podium or time for speeches, but if there is we'll definitely go up there and make sure everyone is accounted for," he added.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Sully, one half of Vancouver's Green Men, is one of three superfans to be inducted into ESPN's Hall of Fans. But an ESPN representative said Force will be an honorary member. SCREENGRAB/THEHALLOFFANS.COM

Vancouver International Film Festival director Alan Franey previews the 2012 festival lineup for media and filmmakers at the Vancity Theatre Wednesday. VIFF begins Sept. 26. MATT KIELTYKA/METRO

VIFF heading towards a bigger stage

A new executive director, a new venue, modern ticketing systems, the return of government funding and the inclusion of live performances for the first time are among the changes that have Vancouver International Film Festival organizers beaming.

The festival enters its 31st year Sept. 26 looking more stable than ever.

More than 380 films from 75 countries will light up the silver screen during the festival.

The usual focus on film — specifically on Canadian, Asian and nonfiction productions — remains, but the addition of the Centre for Performing Arts as the venue for the closing gala and a couple of live performances offer a brief glimpse into the future of the growing and diverse festival.

As does a new real-time, electronic ticketing system and other modernizations made possible by the return of a $250,000 community gaming grant and one-time operating fund.

The festival had been ineligible to receive the grant since 2009, when the government shut the door to adult arts group. That decision was reversed earlier this year after a provincial review of the gaming grants process.

"It makes a huge difference," said the festival's new executive director, Jacqueline Dupuis. "(Losing the grants) certainly took quite its toll. It was a much-needed investment. We're working in the new economy and that certainly helps us get through it as we work to find new revenue streams."

The security gives VIFF the opportunity to keep growing, as it did last year by setting its highest box-office and attendance figures yet (152,000 admissions).

"We had our most successful year ever last year. We want to introduce new people to new forms of cinema … to show the best new films from around the world each year," said VIFF director Alan Franey. "This is the year to look opportunistically to the future."

VIFF opens Sept. 26.

The Sept. 27 opening gala film is Oscar-nominated Canadian director Deepa Mehta's adaptation of Salman Rushdie's novel Midnight's Children.

MATT KIELTYKA/METRO

State of business

B.C. business confidence drops for third month

The Canadian Federation of Independent Business says business confidence in B.C. is down dramatically for a third consecutive month.

The federation's provincial affairs director Shachi Kurl says B.C. posted a confidence index of 56.4 in August, down from 60.5 in July, and below the national average of 60.

Kurl says B.C. now ranks eighth among provinces in business confidence. CHNL

Public's help sought

Kelowna RCMP investigating bear-spray attack

The RCMP in Kelowna are looking for two young thugs who pepper-sprayed a mentally-challenged woman and her aide worker on Saturday.

The woman's mother, Chris Smith, says the victims were approached by the teens in Chichester Park and sprayed directly in the face. She says her daughter suffered burns to her eyes and face and is emotionally traumatized by the attack.

CKFR/THE CANADIAN PRESS

Education standards

Law society warns about foreign schools

The B.C. Law Society is warning students about going to foreign law schools if they want to become lawyers in the province.

Society director Alan Treleaven says more students are considering studying law at international universities every year.

However, he says they should know that if they graduate from a foreign law school it could be months or years before they can apply to practise law in B.C.

THE CANADIAN PRESS

Political pork?

MP pension billboard raised in Nanaimo

The Canadian Taxpayers Federation has unveiled a billboard in Nanaimo to raise awareness about MPs' massive pensions before Parliament returns this fall to implement changes.

The federation has promoted similar billboards in cities across Canada, with the message that for every one dollar an MP puts into their pension, taxpayers put in $24.

THE CANADIAN PRESS

Multiple charges

Stepfather's sex-assault trial underway

A Prince George court has been told a man accused of sexually assaulting his two stepdaughters began grooming them at a young age to satisfy his urges.

Crown prosecutor Cassandra Malfair was making her opening statement in the trial of the man who faces 10 charges, including sexual assault, making child pornography and bestiality involving the family dog.

PRINCE GEORGE CITIZEN

Crown cites video

B.C. minor-hockey coach charged

Assault charges have now been laid against a B.C. hockey coach who was captured on video allegedly tripping two players after a game in June.

Crown spokesman Neil MacKenzie says the video played a big part in the investigation that led to the charges against Martin Tremblay of the UBC Hornets.

In the video, Tremblay appears to stick out his foot while players from his team and an opposing team shake hands at centre ice.

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Construction ahead.
New Port Mann Bridge nears completion

A slew of construction work around the new Port Mann Bridge could mean a tough month for drivers.

The Transportation Investment Corporation outlined all the bridge-related construction slated for September, and warned drivers that big changes and weekend delays will be inevitable.

During the month, crews will be completing work on new connections between the Cape Horn Interchange and the north end of the Port Mann Bridge.

On Sept. 16, traffic on the Lougheed Highway eastbound will be shifted to its new, and final, alignment south of Highway 1.

Two days later, three lanes of Highway 1 eastbound traffic will transition from the old bridge to the new bridge.

On Sept. 19, a new overpass connecting westbound bridge traffic to Lougheed Highway eastbound will open.

The weekend of Sept. 22 will see crews, in a feat of "engineering marvel," construct a new overpass and open it within two days, connecting Lougheed Highway westbound to Highway 1 eastbound.

With work done, traffic on Highway 1 will be reduced to just one lane in either direction during the next couple of weekends to give crews room to demolish the old Cape Horn overpass.

The work amounts to what will be the most comprehensive interchange reconstruction in the history of the province, with 15 new ramps, structures and direct connections.

MATT KIELTYKA/METRO

Road rage. No charges laid after alleged head-butting incident

A motorcyclist will not face charges after he allegedly head-butted a trucker during a road-rage incident on Vancouver Island.

During the morning rush hour on Wednesday, two motorcycle riders opted to go around the crush of traffic heading out to Swartz Bay by taking the right-hand shoulder.

A truck driver took exception to the manoeuvre and let his truck drift onto the shoulder, blocking the motorcyclists.

One of the bikers went around the truck and got off his bike. The truck driver reciprocated, stepping out of his truck, and the motorcyclist rammed him with his helmet.

The trucker struck back, breaking the visor of the helmet before Saanich police officers were able to break up the fight.

No charges were laid, but the motorcyclist was handed a ticket for violating the restrictions of his licence.

ELIZABETH HAMES/METRO

Charges

American man arrested for Stanley Cup riot

An American man who tried to enter Canada through the Peace Arch border crossing has been arrested in connection with the Stanley Cup riot.

The Canada Border Services Agency says Dakota Schlag was referred for a secondary examination after information on a database indicated he was wanted on a Canada-wide warrant related to last year's riot. The former University of B.C. student was detained and turned over to the RCMP on Monday.

Eight more people have been charged this week in connection with last year's Stanley Cup riot.

THE CANADIAN PRESS

Dog attack

Dog surrendered to city after attacking elderly woman

A Rottweiler that attacked an 84-year-old woman in Kamloops has been surrendered to the city by its owner. Bylaw enforcement supervisor John Ramsey says the dog will be destroyed.

Mary Gural needed 98 stitches to treat bites from her wrist to elbow after the dog pounced on her Sunday outside a fast-food restaurant. The female Rottweiler had previously attacked a postal worker.

THE CANADIAN PRESS

For more local news visit metronews.ca.

About 100 motorcyclists will be riding from Surrey to Harrison Hotsprings in the 11th annual Music Therapy Ride on Saturday. CONTRIBUTED

Charity ride brings music to the sick

Family Jewels. Gene Simmons' family will join close to 100 motorcyclists for 11th Music Therapy Ride

ELIZABETH HAMES
vancouver@metronews.ca

Gene Simmons' Family Jewels are taking a page from his songbook and putting on their leathers to raise money for music therapy.

Shannon Tweed-Simmons and children Nick and Shannon will join close to 100 motorcyclists for the 11th annual Music Therapy Ride (MTR) Saturday.

The MTR was started 11 years ago by a group of music industry professionals looking for a way to raise funds for music therapy, which helps sick people feel better through music.

"We all had a common love for motorcycles and a common love for music," said Patrick Zulinov, co-chair of the MTR committee, so a motorcycle charity ride was a natural fit.

With between $70,000 and $100,000 raised each year, MTR has been able to support music-therapy programs all across B.C.

Last year, the ride generated enough money to build a mobile recording studio, called Band Wagon 1, which allows terminally ill children and others to record music from their hospital beds.

The funds from this year's ride will go toward the $15,000 cost of building another mobile studio, to be dubbed Band Wagon 2.

MTR, which begins at Fraser Downs Racetrack in Surrey, ends at Harrison Hot Springs, where the motorcyclists will be treated to lunch and a concert by 54-40.

Riders must donate a minimum of $199 to participate. Visit musictherapyride.org to sign up.

Savings tide starting to turn

Fewer British Columbians are living paycheque to paycheque, according to a new employee survey.

The Canadian Payroll Association (CPA) released the results of its annual survey Thursday, finding that Canadians still struggle to make ends meet but are slowly improving their financial situation.

The survey found that 47 per cent of Canadian employees (and 46 per cent in British Columbia) still live paycheque to paycheque.

And while the number seems high, CPA vice-president Steven Van Alstine said that's a big improvement over 2011.

"Last year it was 57 per cent and we have seen things stall for a few years," said Van Alstine. "But it looks like people are trying to save more money. Overall, it's a positive trend. There have been a lot of news reports telling people that debt is an issue, and I think the message is penetrating."

Of the 3,500 employees polled, 66 per cent said they were able to increase their savings, up from 40 per cent the year before.

But it's not all good news. The survey found that 45 per cent of employees close to retirement (age 50 and older) have saved less than a quarter of their retirement savings goal — which Van Alstine says will translate into those employees having to work an average of five years more than they anticipated.

"I guess, on the bright side, with people now saving, that number should come down in the future," Van Alstine said.

The CPA says there are a few tricks that can help employees save money right off the bat, including asking their payroll department to deposit paycheques to separate accounts.

MATT KIELTYKA/METRO

Retirement planning

- Employees living cheque to cheque: 46%
- Employees able to increase their savings: 66%
- Putting away only five per cent or less of pay for retirement: 46%
- Employees who will have to work longer than planned: 41%
- British Columbians spending at or in excess of their net pay: 41%

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Fashionistas and shopaholics have reason to celebrate

Fashion's Night Out. Retail event aims to bump Vancouver off MSN's recent list of worst-dressed cities

ELIZABETH HAMES
vancouver@metronews.ca

How do you lose the title of Canada's worst-dressed city? One sartorial night out.

Fashion's Night Out (FNO) is an international event involving more than 3,500 retailers in more than 250 cities, and it's coming to Vancouver's streets for the first time Thursday.

Stores all along Robson and Alberni will be booming with live music late into the night as shoppers flood in for makeovers, discounts and previews of the new fall-winter collections.

Organizer Florence Leung said she hopes the event will help bump the city off MSN's recent Worst-Dressed Cities in the World list, on which Vancouver earned third place.

She has reason to be optimistic: There will be plenty of pullovers and pencil skirts to balance out that yoga-pant street fashion that has given Vancouver its bad name.

J.Crew, Banana Republic, French Connection Canada and the Gap are just a few of the clothing stores on board with FNO.

FNO was started by Vogue editor Anna Wintour in 2009 as a way of pulling the fashion industry out of recession.

"The retailers are fully behind this," said Leung. "They are aware that this is an event that could help get the name out there, help promote the brand and get it front and centre in front of the consumer."

The event opens at 5:30 p.m. with a public fashion show at CBC Studio 40. Runway models will be dressed in the best local and international talent Vancouver has to offer, including French Connection Canada, Miss Sixty, Jacqueline Conoir and more.

Stores open up at 6 p.m. and close down between 10 and 11 p.m. Those who aren't exhausted from hours of shopping can swing by Bar None in Yaletown for a public after-party. The first 300 guests receive two free drink tickets.

Fashion's Night Out comes to town Thursday for the first time along Robson and Alberni streets. COURTESY OF FASHION'S NIGHT OUT

Pipeline boom won't bring Dutch disease: Expert

There's no proof the game-changing economic boom that would accompany the proposed Northern Gateway pipeline would hammer central Canada's manufacturing sector, an economist told a federal panel Wednesday.

"It is not credible that one could argue this would cause Dutch disease," Robert Mansell told the three-member joint advisory panel reviewing the controversial project.

"Would it do, as has been alleged — cause the rate of inflation to go up and then force the monetary authorities to tighten the money supply and thereby shrink the economy? The answer is no.

"Monetary policy is based on what's called the Core Inflation Rate, which excludes the price of food and energy."

Mansell, answering questions on behalf of the pipeline builder, Calgary-based Enbridge, pointed to his updated report on the economic impacts of the proposed $6-billion plan to ship oilsands crude to a port on the B.C. coast and on to Asia by supertanker.

The report notes access to the exploding markets in Asia would boost Canada's GDP by $312 billion over 25 years — about $9 billion a year — and bring in $98 billion in government revenue.

Given that the resource industry is one of the key drivers of Canada's economy, the profit boost from diversified markets would bring more wealth and jobs across Canada, said the report.

"The net wealth associated with just the oilsands component of the industry is estimated at almost $1.5 trillion, equivalent to about $44,000 for each Canadian or roughly 18 per cent of Canada's entire tangible wealth."

THE CANADIAN PRESS

PM's perspective

- **Supporting the pipeline.** Prime Minister Stephen Harper's government has said it supports the concept of getting oil to the Asian market.

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Lake mystery. Police tight-lipped over torso found in suitcase

A rotting torso was found stuffed inside a suitcase floating in Lake Ontario off the shore of a Toronto park Wednesday.

But police wouldn't say if the discovery was connected to the slaying and dismemberment of Toronto woman Guang Hua Liu.

Police said two boaters spotted the suitcase about 2.5 kilometres from shore in Toronto's east-end.

The boaters towed the suitcase to shore and contacted authorities, who searched the waters but found nothing further. The coroner was brought in and conducted an initial investigation.

"The coroner has determined at this time the contents of that suitcase to be that of human remains, to be specific, that of a badly decomposed torso," said Toronto police Det. Les Dunkley.

An autopsy was ordered for Thursday.

Parts of 41-year-old Guang Hua Liu's body — but not her torso — were found in mid-August scattered west of Toronto and near her home in the city.

Liu's estranged boyfriend, Chun Qi Jiang, 40, was arrested Aug. 26 and charged with second-degree murder.

THE CANADIAN PRESS

Quoted

"Until we get the results of (the) post-mortem examination, Toronto police (are) treating this as a suspicious-death investigation."

Det. Les Dunkley

Conflict case. Toronto's mayor Ford pleads case

Toronto Mayor Rob Ford repeatedly denied doing anything wrong as he faced an Ontario judge Wednesday over a conflict-of-interest allegation that could see him kicked out of office.

Ford is in trouble over donations he solicited using an official city letterhead for his private football foundation.

He admitted he had his staff help him stuff envelopes and address them to 11 potential donors but said he paid for the stamps and envelopes himself.

The city's integrity commissioner, Janet Leiper, had found Ford's actions violated the conduct code for councillors. Some of the $3,150 received was from lobbyists and the commissioner recommended Ford pay back the funds.

He never made the repayments, despite several reminders from the commissioner.

Paul Magder, a Toronto resident, launched the lawsuit last March alleging Ford violated the Municipal Conflict of Interest Act.

THE CANADIAN PRESS

Was Marois intended target in gun attack?

Charges pending. Sudden panic ended post-election euphoria as Quebec premier-elect was dragged off stage to safety

Charges are expected soon in a shooting that may have targeted Quebec's premier-in-waiting.

The attack at a Parti Québécois victory celebration Tuesday sent shockwaves across Canada.

Police were questioning the only suspect Wednesday.

He was being evaluated at a Montreal hospital, and a police spokesperson said he expects a court arraignment Thursday morning.

Police sources said the suspect is 62-year-old Richard Henry Bain, owner of a fishing retreat north of Montreal.

The gunman was wearing a housecoat and balaclava when he was tackled by police after two people were shot, one of whom died.

Police don't rule out the possibility that premier-designate Pauline Marois was the shooter's target.

While he was being taken away into a police vehicle, the suspect shouted an expletive and spoke of an awakening of English-speaking Quebecers.

Marois pleaded for calm Wednesday. "Never, never will I accept that Quebec is associated with violence," she said. THE CANADIAN PRESS

Quebec premier-designate Pauline Marois reacts Wednesday as she comments on the post-election shooting in Montreal. "Never, never will I accept that Quebec is associated with violence," she declared.

PAUL CHIASSON/THE CANADIAN PRESS

Charest: 'We are blessed'

Jean Charest is ending a stormy 28-year political career — including the last nine years as Quebec premier.

Charest, a staunch federalist who served as federal Progressive Conservative leader before becoming Quebec Liberal leader in 1998, spent a good part of his announcement in Quebec City Wednesday praising Canada.

"We are all blessed to have been born in this country," said Charest, 54.

But the longtime premier also hailed Quebecers, who elected him premier in 2003, 2007 and 2008.

"We are a people of dreamers but also builders," he said.

Charest's resignation will take effect in a few days when the Parti Québécois officially takes power.

Charest lost his own seat in the provincial election.

He prided himself during his three mandates as premier as a sound economic manager, particularly during the 2008 economic crisis.

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The artist as a young stripper?

Top New York court to rule. Nite Moves strip club claims its lap dances are a form of art

No one would confuse the Nite Moves strip club with the Bolshoi Ballet, but what the lap dancers do there is art and entitled to the same tax exemption other performances enjoy, a lawyer argued Wednesday in what was surely one of the racier tax cases ever to go before New York's highest court.

W. Andrew McCullough, an attorney for the suburban Albany strip joint, told the Court of Appeals that admission fees and lap dances at the club should be freed of state sales taxes under an exemption that applies to "dramatic or musical arts performances."

He said that lap dancing is an art form and that, in any case, the state is not qualified to make such determinations, and that making such distinctions would be a violation of the constitutional right to freedom of expression.

A lawyer for the state rejected that analysis, and authorities are demanding about $400,000 in back taxes from the club.

A ruling is expected next month, with possible consequences for the estimated 150 to 200 adult nightclubs in the state.

During Wednesday's arguments from the club's lawyer, a skeptical Judge Eugene Pigott Jr. said the women are hired untrained and simply "do what they do." THE ASSOCIATED PRESS

The 10,000-hours theory?

"It's definitely a form of art. Some girls are up there practising for hours when nobody's in here.

A dancer at Nite Moves, where there was only one customer at the time. She declined to give her name.

Waiting to digest. X-ray proves man ate diamond

A man visiting a gem exhibition in Sri Lanka's capital swallowed a 1.5-carat diamond in front of the owner and was taken by police to a hospital, where an X-ray showed the $13,000 stone inside him.

Exhibitor Suresh Wijekoon said the man was behaving suspiciously at his stalls and when he reached closer to the suspect, the man suddenly swallowed the diamond at his hand before Suresh alerted police at the exhibition venue.

Chou Wan, a 32-year-old from China, is in custody pending further investigation, police spokesman Ajith Rohana said.

An X-ray proved the diamond was inside Chou's body, said hospital director Dr. Anil Jasinghe at Colombo National, where the suspect was taken. THE ASSOCIATED PRESS

Gem exhibition

- Sri Lanka does not mine diamonds but is renowned for other highly treasured gems.
- Facets Sri Lanka 2012 is the island nation's annual largest gem and jewelry exhibition and it attracts a large number of local and foreign buyers.

Serious injury

Czech zookeeper hurt by hippo

A zookeeper in the Czech Republic was rushed to hospital by helicopter after being seriously injured by a pygmy hippopotamus Wednesday. An official said the woman was being treated in an intensive-care unit. THE ASSOCIATED PRESS

'Die Hard' policeman

Traffic cop thinks he's Bruce Willis

A South Korean traffic cop who arrested a drug suspect after clinging to the windshield and roof of the car for 25 minutes has gotten a promotion and is being called the "Die Hard policeman" by local media. THE ASSOCIATED PRESS

Protester nabbed bear-handed

A police officer detains a Greenpeace activist dressed as a polar bear outside Gazprom's headquarters in Moscow on Wednesday. Russian and international environmentalists are protesting against Gazprom's plans to pioneer oil drilling in the Arctic. MISHA JAPARIDZE/THE ASSOCIATED PRESS

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Clinton delivers resounding Obama endorsement

DNC. Former president cites current leader's resilience in tough times, backing his Democratic nomination

Bill Clinton made an impassioned defence of U.S. President Barack Obama on Wednesday, telling Americans in a hotly anticipated prime-time address to cast their ballots in November for the "man who is cool on the outside but who burns for America on the inside."

In a speech to ecstatic Democrats, Clinton said that the politician with whom he's famously had a chilly relationship also deserves re-election for having "the good sense to marry Michelle Obama."

The former president's hard-hitting speech not only took dead aim at Republicans, but also painted Obama as a man who engenders irrational, unseemly hatred from his political foes on the other side of the aisle despite his generous attempts to reach out to them.

Quoted

"He put a floor under the crash, he began the long, hard road to recovery."

Former U.S. president Bill Clinton

"Heck, he even appointed Hillary!" he said to laughter of his wife, Secretary of State Hillary Clinton, and Obama's one-time bitter rival for the Democratic presidential nomination.

Clinton also sounded the alarm about Republican policies and promises.

"In Tampa, the Republican argument against the president's re-election was pretty simple: 'We left him a total mess, he hasn't finished cleaning it up yet, so fire him and put us back in,'" Clinton said as Obama waited in the wings to join him on stage.

The argument for Obama's re-election makes far more sense, Clinton argued.

"He inherited a deeply damaged economy, he put a floor under the crash, he began the long, hard road to recovery, he laid the foundation for a more modern, more well-balanced economy."

Americans now need to ask themselves what kind of country they want to live in, the former president added.

"If you want a you're-on-your-own, winner-take-all society, you should support the Republican ticket. If you want a country of shared prosperity and shared responsibility — a we're-all-in-this-together society — you should vote for Barack Obama and Joe Biden."

Obama strode onto the stage at the Charlotte, N.C., venue after Clinton's speech to embrace him.

THE ASSOCIATED PRESS

U.S. President Barack Obama joins former president Bill Clinton on stage during the Democratic National Convention in Charlotte, N.C., on Wednesday. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Amendments. Democratic platform changed to mention God, Jerusalem

Campaign officials say President Barack Obama personally intervened to change language in his party's platform on Jerusalem and God.

Democrats amended their convention platform Wednesday to add a mention on God and declare that Jerusalem is the capital of Israel.

The officials said Obama's reaction on the omission of God from the platform was to wonder why it was removed in the first place. Republican challenger Mitt Romney said omitting a reference to God suggested Democrats were out of touch with mainstream America. Republicans also said omitting a reference to Jerusalem showed Obama was weak on Israel.

The officials requested anonymity as they were not authorized to speak about private discussions. THE ASSOCIATED PRESS

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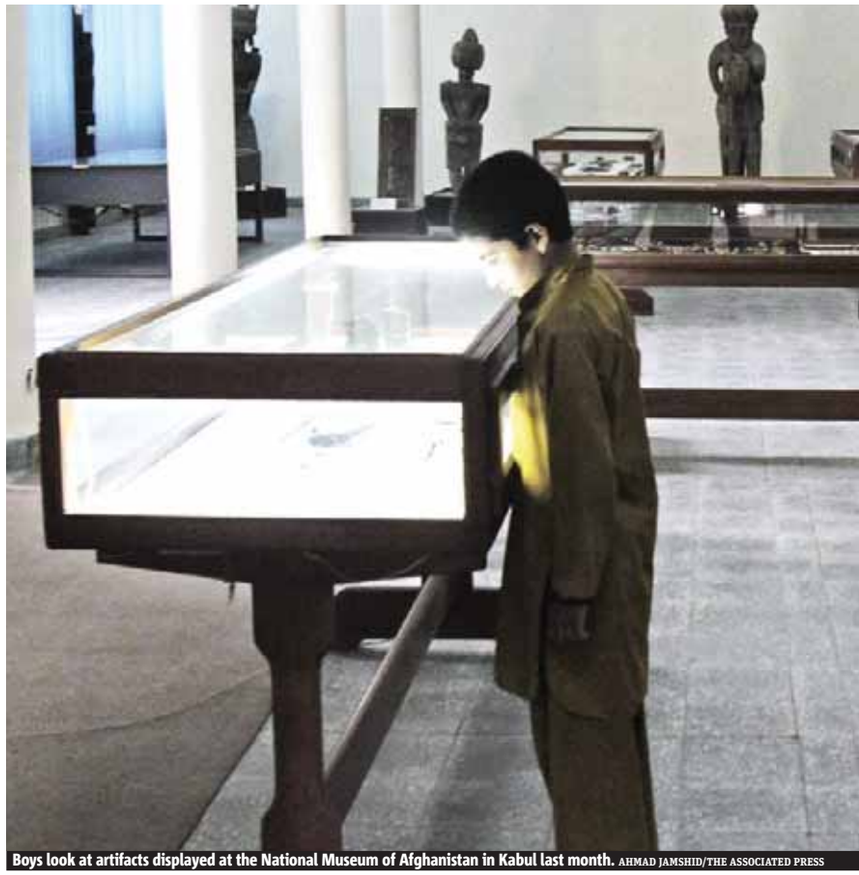


Boys look at artifacts displayed at the National Museum of Afghanistan in Kabul last month. AHMAD JAMSHID/THE ASSOCIATED PRESS

Looted artifacts' return helps rebuild Afghan museum

Weathering war. National museum overcomes decades of hardship to restore facility to pre-war reputation as one of region's finest

Right down to the power cuts that frequently plunge its artifacts into shadow, the National Museum of Afghanistan is a symbol of the country's decades of hardships. Its building was shelled, looted and caught fire during the civil war in the 1990s. Taliban extremists later smashed many centuries-old statues.

Now, the museum is slowly rebuilding, thanks to international efforts to return thousands of looted treasures — and to heroic Afghan staff members who hid its most priceless works during the war years and kept the secret for more than a decade.

The museum welcomed home nearly 850 Afghan artifacts in early August — including a 3,000-year-old Bronze Age axe, a first-century ivory elephant carving and a life-sized Buddha statue — that were either stolen from the museum or illegally excavated during decades of insecurity.

The museum welcomed home 850 Afghan artifacts in August. AHMAD JAMSHID/THE ASSOCIATED PRESS

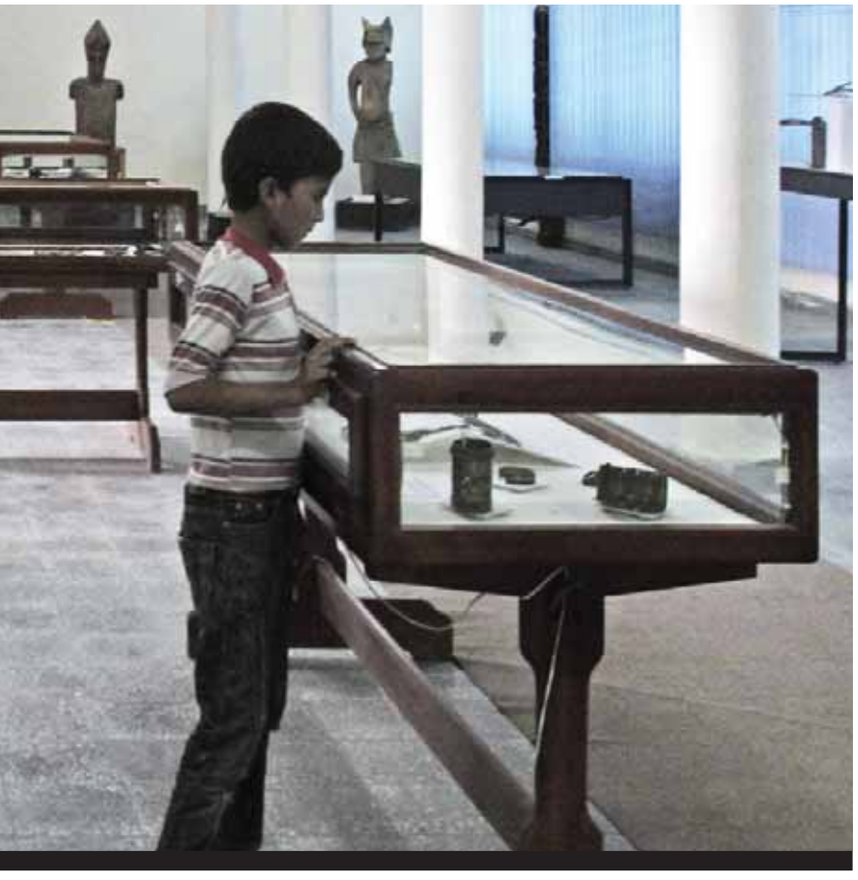
The British Museum catalogued and helped return the pieces in co-operation with British authorities, who seized many from smugglers. It was the second major handover of Afghan historical pieces by the British Museum. In 2009, about 1,500 historical pieces were returned.

The aim is to restore the facility to its pre-war reputation as one of the finest in the region, with displays ranging from the Bronze Age to more contemporary Islamic art.

The museum's latest acquisition is a Buddha statue estimated at about 1,700 years old. Looted from the museum during the civil war that followed the Soviet occupation, the statue turned up in Japan in a private collection before it was bought by an anonymous donor who arranged for the return to its Afghan home.

In 2001, the Taliban dynamited a pair of giant Buddhas carved into a mountain in Bamiyan province. Around the same time, the Taliban also rampaged through the national museum, smashing any art depicting the human form, considered idolatrous under their hardline interpretation of Islam. In all, they destroyed about 2,500 statues.

THE ASSOCIATED PRESS



A worker examines artifacts handed over to the National Museum of Afghanistan in Kabul. MUSADEQ SADEQ/THE ASSOCIATED PRESS FILE

Hidden treasure

The National Museum was once renowned for having one of the region's finest collections, with some 100,000 artifacts.

- But after Soviet troops withdrew from Afghanistan in 1989, museum workers became increasingly concerned as the country deteriorated into civil war.
- So, in 1989, several staff members packed up some of the museum's most treasured pieces — including the legendary "Bactrian gold," an intricate collection of tens of thousands of gold and silver coins, crowns and jewelry more than 2,000 years old — and hid them in two locations in Kabul, one of them a secret vault under Kabul's central bank.
- The pieces remained hidden until 2003, when their existence was revealed. Now the Bactrian gold and other rescued artifacts are on a tour of museums around the world, having already been displayed in New York, Paris and London.

Probe.
Soldiers fired over insider attacks

Afghan authorities have detained or removed hundreds of soldiers in an investigation into rising insider attacks against international service personnel who are their supposed partners in the fight against Taliban insurgents and other militants, officials said Wednesday.

The crackdown is the result of the Afghan Defence Ministry's effort to re-evaluate soldiers to stem the attacks, which are complicating plans to train Afghan forces so that most foreign troops can withdraw from the country by the end of 2014. President Hamid Karzai's government hopes Afghan forces can take responsibility for security nationwide by that time.

The U.S. military is taking precautionary measures and recently stopped training about 1,000 members of the Afghan Local Police, a controversial network of village-defence units that is growing but remains a fraction of the country's army and police force. Karzai has expressed concern that without careful vetting, the program could end up arming local troublemakers, strongmen or criminals.

THE ASSOCIATED PRESS

Charlottetown Harbour Authority CEO Les Parsons said the mess left behind by seagulls at their wharf is three to four times as bad as that of a flock of city pigeons. MATT CARDY/GETTY IMAGES

‘Shoo-er’ hired to rid Charlottetown of seagull stink

Gull cop. Guard with starter pistol will replace replica animals, falconer and threatening noise as new deterrent against seagull roosting

Charlottetown has hired a seagull “shoo-er” in a last-ditch attempt to rescue its lucrative cruise ship industry from a welcome mat of guano.

“Imagine you walk off a ship and you’re walking through an inch or two of bird (poop),” Les Parsons, chief executive officer of the Charlottetown Harbour Authority, told the Torstar News Service on Wednesday.

“Welcome to Charlottetown.”

A thousand noisy, hungry, defecating seagulls at once can congregate at the city’s wharf, close to the island capital’s downtown.

“It’s hard to describe. Without exaggerating, it’s three to four times as bad” as the splattering a flock of city pigeons can leave, said Parsons.

The designated seagull shoo-er will patrol the wharf at night, using a starter pistol to scare away seagulls “in the hundreds” that are attempting to roost on roofs.

“Fall is the worst time of year. Mating season is over, the eggs are hatched and the immature gulls don’t have as much fear as the older ones,” said Parsons.

Fall is also the launch of the busiest time of the cruise season, an industry worth $13 million last year to Prince Edward Island. The Harbour Authority is expecting 18 more ships during 2012.

The remains of several different seagull deterrents dot the wharf: a fake fox impaled on a spike, replica alligator heads and owls.

A loudspeaker system that broadcasts a range of threatening sounds every two or three minutes, from a dog’s bark to an eagle’s cry, is still used, but not when ships are in port.

They all work for a while, said Parsons, and then the gulls get wise. The Harbour Authority even tried a falconer with a trained hawk tethered to his arm.

“Either these gulls are stupid or they’re galling.”

Only a human shoo-er is effective in preventing determined roosting, although it’s an expensive option the Harbour Authority saves for a crisis.

The gull cop, hired through a security firm, will be paid $12 to $13 an hour throughout the season.

“It’s not physically demanding work, but it can get boring,” Parsons said.

TORSTAR NEWS SERVICE

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Breakaway Amish group. Hair-cutting left residents screaming, sheriff says

The sheriff in a county with one of the United States' biggest Amish settlements testified Wednesday that residents were upset and screaming after a community leader had his beard and hair cut by fellow followers of the highly traditional religion in a nighttime home invasion.

"There was a lot of screaming and yelling," Holmes County Sheriff Timothy Zimmerly testified in the federal trial of 16 defendants in the attacks last year in Ohio.

Zimmerly said he went to the home of an Amish bishop after the attack and found his hair unevenly chopped to the scalp, leaving it bloody.

"There was a lot of hair laying on the floor," he testified as Amish watched from the public gallery, the women wearing white bonnets, the men wearing jeans and suspenders. "They were excited, very upset."

The defence has tried to portray the attacks as internal church disciplinary matters, not a religion-based hate crime as prosecutors contend.

Attorneys for the defendants have not denied that the hair-cuttings took place and said in opening statements that members of a breakaway group took action out of compassion and concern that some Amish were straying from their beliefs.

Those accused of planning and taking part in the attacks targeted the hair and beards of Amish bishops because of its spiritual significance in the faith, prosecutors said. Most Amish men do not shave their beards after marriage, believing it signifies their devotion to God.

THE ASSOCIATED PRESS

Breakaway leader?

Prosecutors allege there were five attacks last year, orchestrated by Sam Mullet Sr.

- Mullet has denied ordering the hair-cutting but said he didn't stop anyone from carrying it out.
- All of the defendants could face lengthy prison terms if convicted on charges that include conspiracy and obstructing justice.

Aurora borealis lights up the north

The northern lights made a spectacular early-morning appearance Wednesday, bursting into the sky over southern Manitoba around 1 a.m. Also known as the aurora borealis, the natural phenomenon makes its way to southern Canada a few times a year.

RON CANTIVEROS/FOR METRO IN WINNIPEG

Senate debate

Argentinians consider lowering voting age to 16

Debate began in Argentina's senate Wednesday on a proposal to lower the voting age from 18 to 16, while another battle heated up over efforts to bring politics into the public schools.

Sen. Anibal Fernandez, who is sponsoring the voting measure, said it's "stupid" to think 16-year-olds aren't mature enough to vote. A hundred years ago, Argentina set the voting age at 18, and Fernandez argued to his fellow senators that people have advanced enough since then to lower the age by two years.

Sen. Gerardo Morales, who leads the senate's largest opposition party, said the Radicals are "clearly in favour of expanding rights" and would support the measure.

Other opposition figures have alleged that giving younger teenagers the vote is an attempt by President Cristina Fernandez de Kirchner to swing the next elections.

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Delivery Allowances can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Delivery Allowances are not combinable with any fleet consumer incentive. Employee Pricing is not combinable with CPA, GPC, CFDP, Daily Rental Allowance and A/V/T/O/F-Plan programs. ****Estimated fuel consumption ratings for model shown: 2013 Escape 1.6L EcoBoost FWD: 9.1L/100km (31MPG) City, 6.0L/100km (47MPG) Hwy / 2013 Edge 3.5L V6 FWD 6-speed Automatic transmission: 13.1L/100km (22MPG) City, 7.2L/100km (39MPG) Hwy / 2012 F-150 4X4 5.0L V8: 14.9L/100km (19MPG) City, 10.5L/100km (27MPG) Hwy]. Fuel consumption ratings based on Natural Resources Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, and driving habits. †When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost and 6.2 L valve 432 V8 engines. Max. payload of 3,020 lbs with 5.0L Ti-VCT V8 engines. Class is Full-Size Pickups under 8,500 lbs GVWR, non-hybrid. ††Class is Full-Size Pickups under 8,500 lbs GVWR, non-hybrid vs. comparable competitor engines. Max. horsepower of 411 on F-150 6.2L V8 engine. Estimated fuel consumption ratings for the 2012 F-150 4X2 3.7L V6 SST, 12.7L/100km city and 8.9L/100km hwy based on Environment Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ◆◆Projected best in class fuel economy based on competitive data available at the time of testing using Ford drive-cycle tests (in accordance with the guidelines of the Society of Automotive Engineers' Standard J1321) of comparably equipped 2011 Ford vs. 2011 competitive models. Class is Full-Size Pickups over 8,500 lbs. GVWR. ◆Some mobile phones and some digital media players may not be fully compatible - check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Ford recommends that drivers use caution when using mobile phones, even with voice commands. Only use mobile phones and other devices, even with voice commands, not essential to driving when it is safe to do so. SYNC is optional on most new Ford vehicles. ††††2012 Sirius Canada Inc. "Sirius XM", the Sirius XM logo, channel names and logos are trademarks of Sirius XM Radio Inc. and are used under license. ©2012 Ford Motor Company of Canada, Limited. All rights reserved.

This one was 'wow!' survivor says after earthquake hits

Central America shaken. Roads cracked, power lines fell, shelves tumbled: 'We held on to each other, we kept falling'

People gather outside an office building in San Jose, Costa Rica, to survey damage from an earthquake that rocked a wide swath of Central America on Wednesday. JOSE PABLO PINEDA VIA INSTAGRAM/THE CANADIAN PRESS

"It was incredibly strong. I've felt earthquakes, but this one was 'wow!'"

That was survivor Jairo Zuniga, 27, talking after a powerful, magnitude-7.6 earthquake shook Costa Rica and a wide swath of Central America on Wednesday.

Amid the panic, houses collapsed, highways were blocked and there was at least one death from a heart attack.

The quake briefly triggered a tsunami alert.

Zuniga said everything in his house in the beach town of Cangrejal fell when the quake hit around breakfast time.

"When we felt the earthquake, we held onto each other because we kept falling," said Rosa Pichardo, 45, who was walking on the beach in the town of Samara with her family when the quake hit.

"I've never felt anything like this. We just couldn't stay standing. My feet gave out under me. It was terrible, terrible," she said.

The U.S. Geological Survey said the giant quake was centred about 60 kilometres from the town of Liberia and 140 kilometres west of Costa Rica's capital, San Jose, where frightened people ran into the streets.

The quake was deep — 41 kilometres below the surface. Quakes that occur deeper underground tend to be less damaging.

The last deadly quake to strike Costa Rica was in 2009, when 40 died.

THE ASSOCIATED PRESS

No outdoor speech

Storm fears push Obama inside

Democratic officials are moving U.S. President Barack Obama's convention speech indoors because of the possibility of severe weather on Thursday.

Obama had planned to accept his party's nomination in an outdoor football stadium in Charlotte, N.C.

But forecasters have predicted severe thunderstorms in the 9 to 10 p.m. hour, raising concerns about the safety of supporters, volunteers, staff members and law enforcement.

THE ASSOCIATED PRESS

Storms on horizon

Leslie, Michael churning closer

U.S. forecasters say Leslie has strengthened into the sixth hurricane of the Atlantic season but is still far from land.

Meanwhile, Tropical Storm Michael is gaining strength farther out to sea, but not posing a threat — yet.

THE ASSOCIATED PRESS

Scooter man makes waves

Water, water everywhere ... but that didn't stop this man from navigating his scooter through a waterlogged street after heavy rain fell in Kolkata, India, on Wednesday. The monsoon rains that usually hit India from June to September are crucial for farmers whose crops feed the country's massive population. BIKAS DAS/THE ASSOCIATED PRESS

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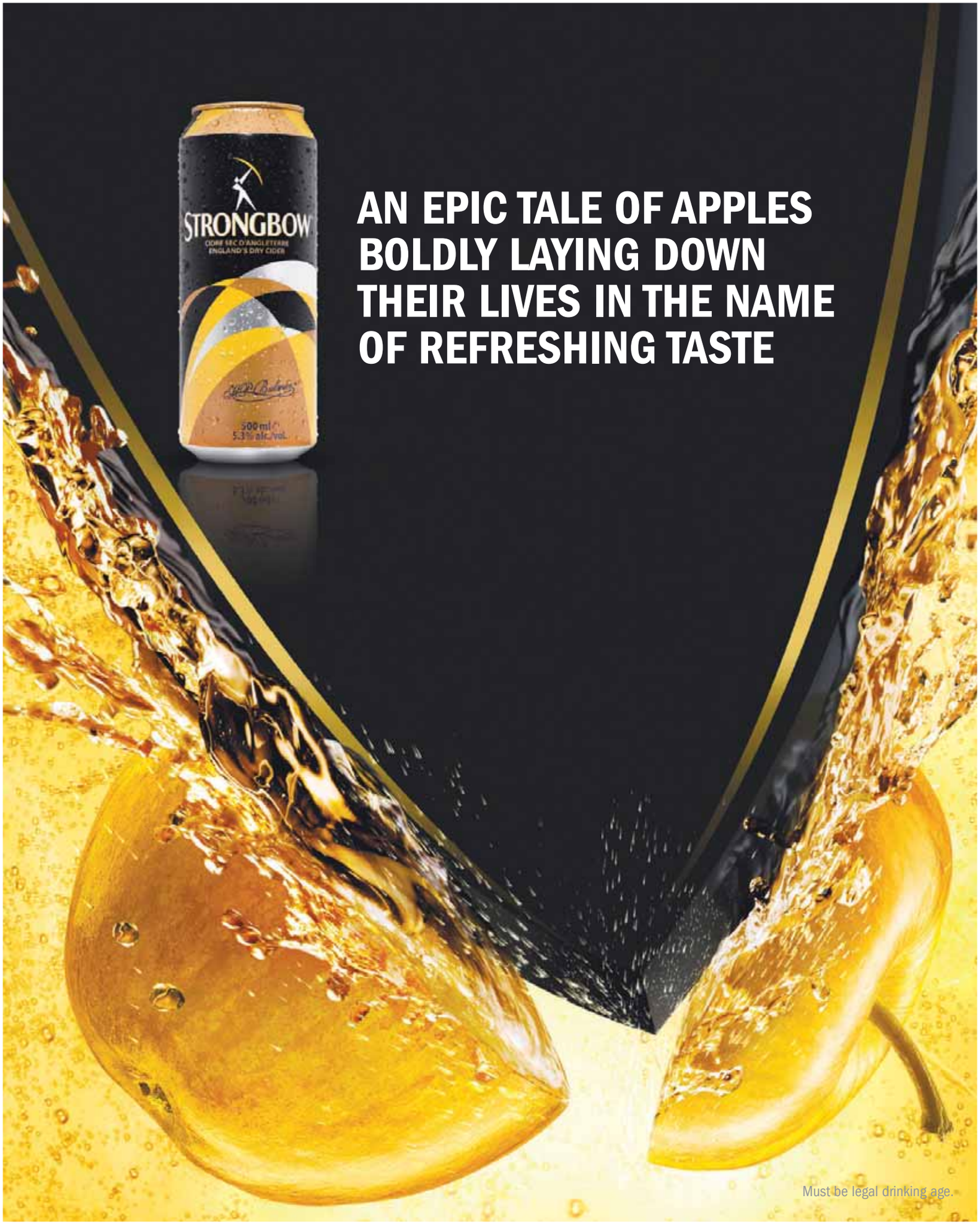
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N.Y. appeals court finds red soles can be trademarked

Louboutin shoes.
Judge says lower court went too far to rule a single colour can never serve as a trademark in the fashion industry

The distinctive red soles of Christian Louboutin shoes are entitled to trademark protection, even if the company can't exactly call the colour its own, a federal appeals court said Wednesday.

The 2nd U.S. Circuit Court of Appeals in Manhattan reversed a lower-court judge who had ruled against the French maker of luxury shoes worn by stars such as Sarah Jessica Parker, Scarlett Johansson and Halle Berry.

Counterfeit Louboutin high heels featuring the distinctive red sole of French designer Christian Louboutin. GETTY IMAGES FILE

The appeals court said Louboutin was entitled to protect its brand against red-soled shoes made by competitor Yves Saint Laurent S.A.S., which is also based in Paris, though it instructed the U.S. Patent and Trademark Office to limit registration of the trademark to situations in which the red lacquered outsole contrasts in colour with the adjoining upper part of the shoe.

In 2008, the trademark office granted protection to Louboutin, which has applied glossy vivid red to the outsoles of women's shoes since 1992.

The shoes sell for up to $1,000 a pair.

But the appeals court said it was limiting the trademark "to uses in which the red outsole contrasts with the colour of the rest of the shoe." It noted, for instance, that Yves Saint Laurent's use of a red outsole on monochromatic red shoes does not infringe on Louboutin's trademark.

THE ASSOCIATED PRESS

Four shot to death in French Alps

Gendarmes block access to a killing site near Chevaline, French Alps, Wednesday. French authorities say at least four people have been shot to death in a forest in the Alps. An official with the regional administration for the Haute-Savoie region says three of the bodies were found in a BMW registered in Britain.

ALEXIS MORO/THE ASSOCIATED PRESS

Crime

Son of U.S. federal judge arrested on murder charge

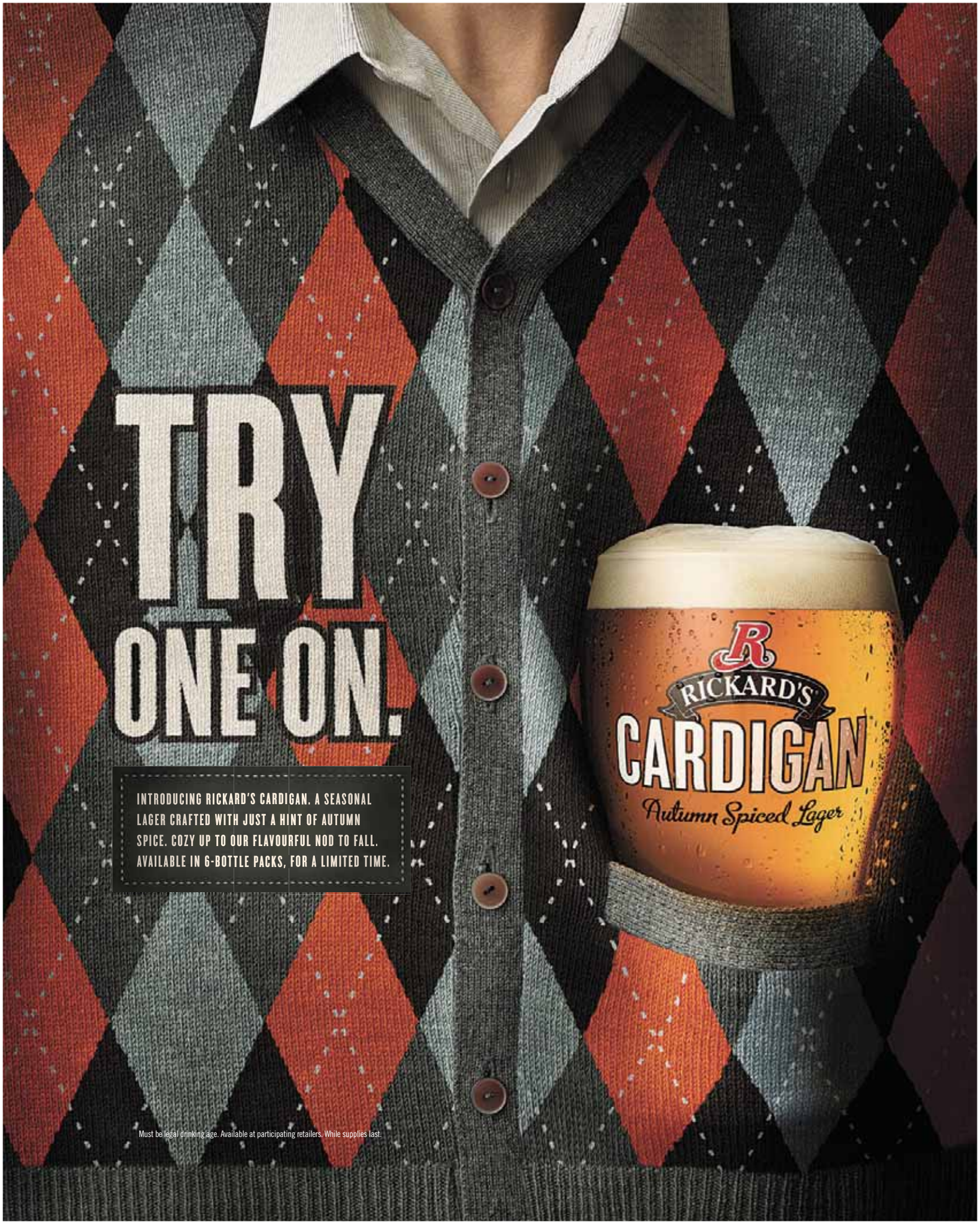
The son of a U.S. federal court judge in Puerto Rico surrendered to authorities Wednesday to face charges that include first-degree murder in the death of his wife.

Pablo Casellas Toro was arrested as he arrived at a court in the city of Bayamon with his lawyers and two bodyguards.

He is also charged with destroying evidence, making a false report and weapons violations stemming from the July 14 shooting death of his wife, Carmen Paredes Cintron, who was slain in their home in the wealthy San Juan suburb of Guaynabo.

Casellas, a 47-year-old insurance broker, did not enter a plea but has denied killing his wife, with whom he had two teenage daughters. A judge set a preliminary hearing for Sept. 18 and set bail at $4 million.

THE ASSOCIATED PRESS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Liberals. Rae urges party members to look westward

Interim federal Liberal Leader Bob Rae exhorted his party to turn its eyes to the West Wednesday even as the country was consumed with navel gazing over the never-ending Quebec sovereignty question.

Liberals had been positioning themselves as the party of national unity ahead of Tuesday's Parti Québécois election win in Quebec, but Rae pitched a more pan-Canadian message as 35 MPs and 40 senators sat down for their fall planning session.

In an effort to spread his party's federalist credentials beyond the old French-English divide, Rae turned to Alberta's olive branch on a national energy policy. Alberta's premier has spoken of the need for an energy strategy, an idea to which the Harper government appears cold, Rae noted.

He made a pitch for a west-to-east pipeline, using the argument about "ethical oil" to question why Central Canada, by inference, is forced to consume "unethical" foreign oil.

"See this as a national project," Rae said of his pipeline pitch. "We're not building pipelines, my friend, we're building a country. It's called Canada."

THE CANADIAN PRESS

Interim Liberal Leader Bob Rae delivers a speech during the party's summer caucus at Chateau Montebello in Quebec on Wednesday.

SEAN KILPATRICK/THE CANADIAN PRESS

Shell. Full steam ahead for oilsands carbon capture

Royal Dutch Shell aims to be the first company to capture and store carbon-dioxide emissions from an oilsands project, but not necessarily because it's counting on financial returns from the technology.

"The sustainability of our business depends not only on our ability to compete economically, but also to keep raising the standard in environmental management," John Abbott, the energy giant's executive vice-president of heavy oil, said in a speech Wednesday.

Shell plans to capture one million tonnes of CO_2 annually from its Scotford oilsands upgrader northeast of Edmonton. The gas will be prevented from entering the atmosphere and contributing to climate change.

THE CANADIAN PRESS

Mulcair wants NDP election-ready by 2014

Caucus retreat. 'Two years seems like a long time, but it's actually quite fast in politics,' says leader

NDP Leader Tom Mulcair arrives at the party's annual summer caucus retreat in St. John's on Wednesday.

PAUL DALY/THE CANADIAN PRESS

NDP Leader Tom Mulcair wants his party to be "completely ready" by the fall of 2014 for a federal election that he predicts will come sooner than expected.

Under the fixed-election law introduced in 2006, Prime Minister Stephen Harper's purported effort to ensure a fixed four-year interval between elections, the next vote is supposed to take place on Oct. 19, 2015.

There's just one catch: The law has never done what it was supposed to do, and there's no reason to think that's going to change any time soon, Mulcair said Wednesday during his party's annual summer caucus retreat in St. John's.

Harper called an election in the fall of 2008, just two-and-a-half years after the previous vote. His minority government became a majority less than three years later in the spring of 2011.

Indeed, Harper has already hinted the law will be amended to ensure the next federal campaign doesn't overlap with as many as seven different provincial elections scheduled for about the same time.

"We're counting on the past to guarantee the future," Mulcair said. "We're thinking that the likely timeline is the spring of 2015, which makes it even more important for us to be completely ready for the fall of '14."

Mulcair opened the retreat by advising his caucus that "a two-year countdown has started for us."

"By the fall of '14, we've got to be completely ready to take on the Conservatives in the next election with a much more generous and fair vision of (the) type of Canada that we all want to build together."

The retreat marks the first time New Democrats have had the luxury of indulging in long-term planning since vaulting into official Opposition status in the May 2011 election.

Since then, the party has been lurching from one crisis to another: Scrambling to train inexperienced MPs, coping with the death last summer of leader Jack Layton, organizing a bruising, seven-month leadership race and making the transition to Mulcair's leadership while mounting a simultaneous parliamentary war against the Tories' omnibus budget bill.

THE CANADIAN PRESS

Fall focus

- In the near term, Mulcair says his caucus will focus this fall on three key areas that arose out of last spring's budget: employment insurance reforms that could negatively impact seasonal workers, raising the retirement age to 67 and the "gutting" of environmental assessment legislation.

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Scientists reveal 'global view' of how genome works

ENCODE project. Papers describe highly complex networks that tell our genes what to do

A colossal international effort has yielded the first comprehensive look at how our DNA works, an encyclopedia of information that will rewrite the textbooks and offer new insights into the biology of disease.

For one thing, it may help explain why some people are more prone to common ailments such as high blood pressure and heart disease.

The findings, reported Wednesday by more than 500 scientists, reveal extraordinarily complex networks that tell our genes what to do and when, with millions of on-off switches.

"It's this incredible choreography going on, of a modest number of genes and an immense number of ... switches that are choreographing how those genes are used," said Dr. Eric Green, director of the National Human Genome Research Institute, which organized the project.

This image shows the 46 human chromosomes. Each contains genes, but genes constitute only two per cent of DNA. On Wednesday, 500 scientists reported on the complex functions occurring in the rest of DNA.

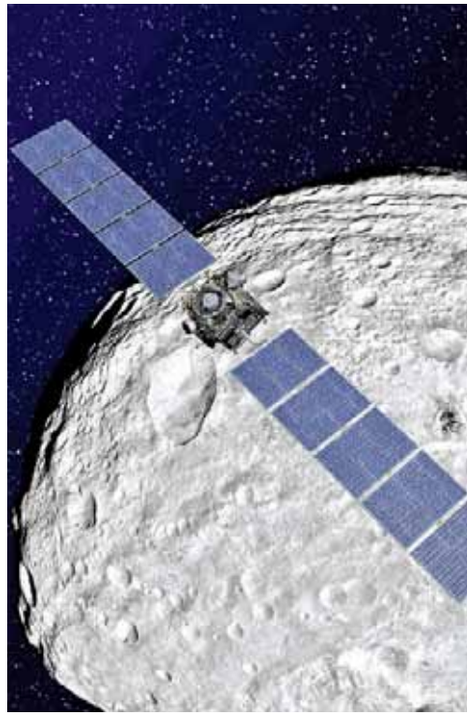
THE ASSOCIATED PRESS FILE

The work also shows that at least 80 per cent of the human genetic code, or genome, is active. That's surprisingly high and a sharp contrast to the idea that the vast majority of our DNA is junk.

Most people know that DNA contains genes, which hold the instructions for life. But scientists have long known those genetic blueprints take up only about two per cent of the genome, and their understanding of what's going on in the rest has been murky.

It's "our first global view of how the genome functions;" sort of a Google Maps that allows both bird's-eye and close-up views of what's going on, said Elise Feingold of the genome institute.

The findings were released in 30 papers published by three scientific journals. The project is called ENCODE, for Encyclopedia of DNA Elements. **THE ASSOCIATED PRESS**



A new day for Dawn

An artist rendering released by NASA shows the NASA Dawn spacecraft in orbit around the giant asteroid Vesta. After spending a year examining Vesta, Dawn is now heading toward the dwarf planet Ceres, where it will arrive in 2015. NASA/THE ASSOCIATED PRESS

Spacewalk

Astronauts revive space station's electrical systems

Spacewalking astronauts triumphed over a stubborn bolt and installed a critical power-switching box at the International Space Station on Wednesday, reviving electrical systems.

Engineers on the ground and the astronauts in orbit scrambled over the weekend to devise makeshift tools to clean metal shavings from the bolt's socket after last week's failed effort. That outing was one of the longest spacewalks on record.

This time, NASA's Sunita Williams and Japan's Akihiko Hoshide were armed with a blue toothbrush, a wire brush and other tools.

"It's been like living on the set of Apollo 13 for the past few days," said Mission Control, referring to the 1970 effort to save the three astronauts on an aborted moon mission. "NASA does impossible pretty darn well."

The problem had cut the amount of electrical power available to the orbiting lab, and a variety of equipment had to be turned off.

THE ASSOCIATED PRESS

Talk to your family

Organ and tissue donation saves lives.

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister

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Read the rest of the story at

www.kidney.ca/register

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User fees mean good business for Ottawa

Budget watchdog. Revenues from goods, services that feds offer public raked in $8B in 2010-11: Report

The federal government has made much about its record in cutting taxes, but a new report shows it is making out like a bandit on user fees.

Parliamentary Budget Officer Kevin Page's report on user fees shows Ottawa raked in just over $8 billion in the 2010-11 fiscal year.

That represents only a small portion of what it gets from taxes, but it's more than double the $3.4 billion it got from user fees a decade earlier. In fact, the PBO says user fees have been increasing at around nine per cent annually since 2000.

User fees are defined as revenues derived from the sale of goods and services the government offers the public.

That can include publications, rentals of lands, buildings and vehicles, or such things as temporary-resident permits and divorce registrations.

The budget watchdog notes that this is not just an Ottawa trend. User fees are rising at the provincial and municipal levels as well, and around the world as governments seek new revenue streams. THE CANADIAN PRESS

Revenue sources

The PBO says five departments — Industry Canada, the RCMP, the Canada Revenue Agency, Natural Resources and Public Works — account for 70 per cent of total revenues from user fees.

- But user fees are rising at the provincial and municipal levels as well.
- In 2010, provinces collected about $31 billion from services to the public, four times what the feds took in, and municipalities earned roughly $18 billion.

Nokia's Lumia to battle iPhone, Android

Steve Ballmer, left, chairman and CEO of Microsoft, and Stephen Elop, CEO of Nokia, introduce Nokia's newest smartphone, the Lumia 920, equipped with Microsoft's Windows Phone 8, on Wednesday in New York. Nokia revealed that its first smartphones will run the next version of Windows, a big step for a company that has bet its future on an alliance with Microsoft. The American market is a trendsetter, but Nokia has been nearly absent from it in the last few years. MARK LENNIHAN/THE ASSOCIATED PRESS

Pew survey

Mobile-app users doubt privacy

More than half of U.S. mobile-app users say they have decided not to use an app on their phone because of concerns over privacy, a study released Wednesday found. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.92¢ (-0.52¢)

Natural gas: $2.795 US (-5.9¢)
Dow Jones: 13,047.48 (+11.54)

TSX 11,990.14 (+48.44)

OIL $95.36 US (+6¢)

GOLD $1,694 US (-$2)

BoC. Interest rate stays at one per cent

The Bank of Canada is hinting it will need to keep interest rates at super-low levels for a while longer, saying stronger growth isn't in the cards for the country until next year.

As expected, the bank's policy-setting panel headed by governor Mark Carney kept the trendsetting interest rate at one per cent Wednesday morning, the same level it's held for the past two years.

And while Carney left his tightening bias unchanged — meaning the next move will likely be to raise rates — his suggestion that low interest rates are at least partly responsible for keeping Canada's economic head above water in the face of global turbulence hinted at continuing that policy.

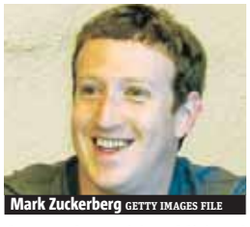
But CIBC chief economist Avery Shenfeld said with the trend of growth at about two per cent, the economy is unlikely to make much progress in closing the output gap — the measure of when the economy is running on all cylinders. THE CANADIAN PRESS

Facebook. Zuckerberg commits to keeping shares

Facebook's stock increased nearly five per cent on Wednesday following a disclosure that its CEO, Mark Zuckerberg, won't sell stock in the company for at least a year.

Zuckerberg holds about 504 million shares and options and had been eligible to start selling them in November.

The company currently has about 692 million shares eligible for sale. The concern is that if Zuckerberg floods the market with additional shares, prices would go down further. THE ASSOCIATED PRESS



Mark Zuckerberg GETTY IMAGES FILE

Competitiveness survey. Canada's ranking slips to 14

Canada's economic competitiveness on the world stage is being pulled down by — among other things — government handling of the innovation file, says an annual report from the World Economic Forum.

Canada slipped two notches to 14th place in the forum's ranking of global economic competitiveness.

While the survey finds Canada benefits from highly efficient markets and excellent infrastructure, it is "being dragged down by a less favourable assessment of the quality of its research institutions and the government's role in promoting innovation through procurement practices."

The report also notes a "slight" downward trend in Canada's performance in higher education, "driven by lower university enrolment rates and a decline in the extent to which staff is being trained at the workplace."

The forum ranks a country's competitiveness according to factors such as the state of its infrastructure and its ability to foster innovation. THE CANADIAN PRESS

Two failures

"Canada fails to commercialize its good ideas into marketable products and services or capture the value from growth."
Daniel Muzyka, Conference Board of Canada president and CEO

China. Samsung in hot seat over alleged worker abuse

Fresh off a billion-dollar loss in a patent fight with rival smartphone maker Apple, embattled Samsung Electronics Co. now finds itself accused by a labour-rights group of mistreating workers in China and illegally using child labour.

The New York based-China Labor Watch said its investigation into workplace conditions at eight factories in China showed some employees were working more than 100 hours per month of overtime and that children were knowingly employed.

China Labor Watch also said its investigation of the six Samsung-owned plants and two suppliers showed that safety measures, such as providing workers with protective clothing, were not followed.

The group also accused Samsung of barring workers from sitting during their shifts and said it had documented instances of physical and verbal abuse.

The South Korean electronics giant responded swiftly to the allegations, acknowledging that poor working conditions may have arisen due to production demands and that a review was to immediately take place.

"When new production lines are completed or new products are launched, high demand has led to overtime work," said spokesman James Chung. THE ASSOCIATED PRESS

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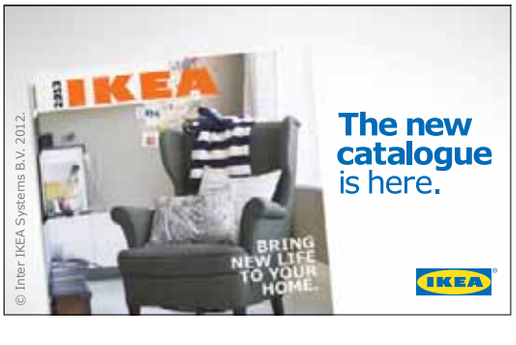


Top tips for landing greater salaries and pay raises

When stating your salary expectations, name a wide range. For example, "I know positions at this level usually pay between $50k and $70k, and given my level of experience, I would fall in the higher end of that range. However, this depends on numerous factors about the role. Can we discuss those?"

Define why you should be higher up in that salary range. This is where you bring up previous achievements and how they indicate the levels of success you can reach for your employer. You need to show that you bring greater value to the company than other candidates.

Think outside the paycheque. Remember you are negotiating for a total compensation package, not just your base pay. Receiving perks such as increased vacation time, flexible scheduling, or the ability to telecommute can have a bigger impact on the quality of your working life than a few extra dollars.

The biggest mistake on a resume (and how to create a masterpiece)

There are five common mistakes that people make when preparing their resumes, and most of these stem from the one Biggest Mistake. And this is what prevents you from creating the masterpiece that lands you the job.

Once upon a time (maybe) it seemed that we could just write a resume, or get a friend who's a better writer than us to write our resume. Then, having finished this masterpiece, you were armed with the perfect document to wow employers across the spectrum of roles that interested you and land your dream job.

I'm not sure if this was ever true, but it certainly isn't now. That finely-tuned resume should actually serve only as a template for the ones you eventually send out.

The biggest mistake on a resume? Using the same one over and over again. Employers can spot a generic application in a nanosecond, and they don't like it. Hiring managers want to see a document that tailors your skills and experience specifically to the job they posted, and demonstrates what you can do for them.

Five other resume mistakes (that generally stem from the Biggest Mistake):

1. Not matching your title to the job: The title of your resume should match the title of the job you are applying to. If your resume has a different title, it looks like you are applying to a different job. Don't make the hiring manager try to guess how your particular career title matches up with the position they are hiring for.

2. Only listing your job titles: Employers know what job descriptions mean. There's little mystery in what an Editor or a Customer Service Representative does. The unique part is what you accomplished in that role. What set you apart?

3. Not tailoring your work history and accomplishments: All of your jobs, community or voluntary work can potentially be relevant if you can highlight how the skills you learned and used benefit your new employer. You have to market your transferable skills to the target company's business needs. Sell your experience.

4. Listing too many jobs: It is also possible to list too many on a resume. Descriptions of irrelevant jobs that you held a decade or more ago will only serve to take up valuable space and water down the good stuff. Keep it recent.

5. Not proofreading: Employers expect you to try hard, pay attention to detail and produce quality work on the job. What does it say to an employer about a candidate who can't even present an error-free document when they are most trying to impress them in order to land the job in the first place? That you're either not that good, or that you don't care that much. Either way, you won't be getting the call for an interview.

The real "masterpiece" resume is the one that speaks to an employer as though it were written personally for them. And that's because it has been.

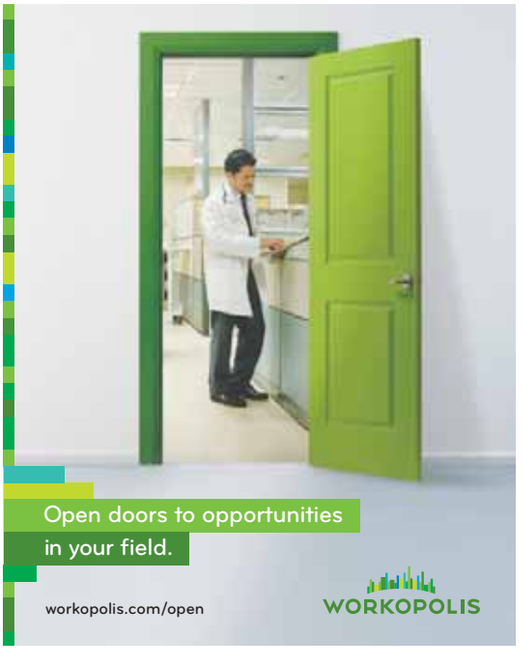
3 job interview questions that matter

You're going to be asked more than three questions in your next job interview. However, they'll all be variations on these three main questions.

1. Can you do the job? (Your skills) Be prepared to show your abilities with examples of how you've applied the required job skills in the past and what you were able to accomplish with them.

2. Will you love the job? (Your motivation) Tell the interviewer why you are passionate about this particular role at this company. They prefer to hire someone who wants to work for them specifically over someone who's just looking for a job. Show how the job fits with your interests and career path.

3. Can we tolerate working with you? (Your fit) Decisions are often made on first impressions. Demonstrate that you understand the industry and your place in it from the start. Dress the part. Look like you belong, but dress up more than usual. Keep your conversation style friendly, confident and positive. (No bad mouthing former employers.)



BOILING DOWN AN EDUCATION IN THE SCHOOL OF HARD YUKS

HE SAYS...
John Mazerolle
metronews.ca

It's a well-accepted fact that we go through 12 years of school to remember about 12 minutes of material.

Humorist Stephen Leacock pointed this out almost a century ago, and if he were alive he'd be pleased to see that not much has changed. (He'd probably also be pleased that he lived to be 140.)

For example, here's what I learned during 12 years of math:

1) Long division. I do not remember short division, if there is such a thing.

2) Some people call math maths. This is wrong, even if it's right.

3) Order of operations. This is important, because it allows you to answer skill-testing questions.

4) Though math has been around for thousands of years, educators are always discovering "new math." How it improves on old math, I'm not sure.

Our lack of retention is interesting to think about as people head back to university, and it seems particularly relevant to me because I went to comedy school for two years.

"Can they really teach comedy?" is the question I hear most often, which is fair enough. To answer the question, here is what I retained from two years of comedy school.

- Acting:
  1) Don't act. Just read the lines.
  2) No, read the lines better than that.
  3) You're terrible.
  4) My acting teacher had real, honest-to-goodness conversations with Michael Cera and Keanu Reeves. They are cool people who don't mind having their names dropped.
- Standup:
  1) People who think they're bad at standup are often good at it. People who think they are great at standup are usually terrible.
  2) The only standup comic in the world who enjoys Dane Cook is Dane Cook.
  3) Running over your allotted time is the comedy equivalent of peeing on the toilet seat.
  4) When stuck for an idea, think of anything — anything — other than genitalia. Please. For me.
- Sketch:
  1) When performing a stage show, best not to write a sketch that includes two car chases, an explosion, and the stage direction "A helicopter descends ..."
  2) Rubber chickens ARE funny. Seriously.
  3) Reading jokes from a 1940s joke book is a hilarious break between sketches, particularly if the joke contains the word "haberdashery."
- Improv:
  1) If someone says, "Welcome aboard, captain — shuttle ready for launch," the correct response is not "But this isn't a rocket ship! It's a driving exam!"
  2) When your substitute improv teacher is the Philadelphia Cream Cheese angel, you have chosen the right school.

And that's what you learn at comedy school.

I have condensed eight months of study into 444 words, so if you could send the $5,000 tuition to my address in Toronto, that would be great. With that kind of funding, I'll get that helicopter sketch off the ground in no time.

Think school is a waste of time? You're right. ISTOCK

Taking a bath just beak-ause

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS PHOTOS

South African wildlife

55 penguins covered in oil after spill

An African penguin is washed by staff at the South African Foundation for the Conservation of Coastal Birds, after it was found covered in oil on Robben Island near Cape Town, South Africa, Wednesday.

Around 55 penguins have been found covered in oil from a spill involving the stricken Turkish bulk carrier the Seli One.

The birds are being cleaned and will be returned to the wild after recuperating. THE ASSOCIATED PRESS

A penguin covered in oil sits in the South African Foundation for the Conservation of Coastal Birds.

Waddling away

Oil carrier gets caught in storm

As the Seli One was travelling along the coast of Dolphin Beach, South Africa, on Friday, a storm hit, which led to an oil leak.

So far, 10 cubic metres of oil have been removed. According to news reports, the Department of Environmental Affairs is conducting an aerial surveillance to determine how much oil remains offshore. Operations are expected to cease by Friday. METRO

Area affected

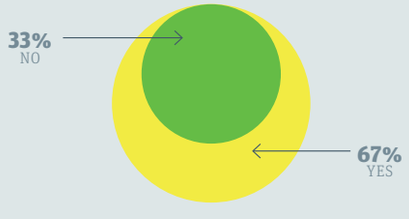
1 km

The oil has spread over one kilometre along the coastline, and runoff continues to pollute the surrounding area.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should Apple buy RIM?



Twitter

@christyclarkbc:
Today I renewed my cabinet with a focus on a strong economy, controlling spending & making life more affordable for families. #bcpoli

@coopycoopsHLH:
on a 7 hour bus drive to vancouver with no snacks or drinks. not my smartest move. though my moustache is growing nicely #thesmallthings

@ZebraProblems:
If I was ever reff'n a Canucks game I would totally give the visiting team a massive amount of penalties so @TheGreenMen could have some fun

@TheGreenMen:
Anyone else disappointed the Canucks aren't resigning @Duco1787? The guy's a beauty... Give him a follow

@rodmickleburgh:
As BCMA president, Margaret MacDiarmid described Brian Day, currently under govt siege for extra billing, as "a breath of fresh air" #bcpoli

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Vancouver fest moves from the fringe to the spotlight

Vancouver Fringe Festival. Your efficiency guide for seeing as many of the city's fringe artists as physically possible

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Suddenly, it's September. Kids are back in school, Breaking Bad is over and the Vancouver Fringe Festival is officially underway.

It's all happening very fast. So you'll need to be as efficient as possible in the coming weeks. And while there are no right or wrong ways to experience the Fringe, there are some things you can do to ensure you are Fringing to your full potential. Here are a few of those things:

1) Pick up a Program Guide.

They're available in hardcopy at Blenz Coffee locations or you can download a PDF from VancouverFringe.com. (You can also get the VanFringe App or just cruise the festival's website.)

2) Study the guide.

Learn its ways. Find the shows that speak to you. Pick some that don't. Attend them all.

3) Be random.

Throw the names of a half-dozen shows into a top-hat (this can be any kind of hat, but a top-hat will add just the right amount of flair). Draw a show from said hat. Go to show wearing hat. (Why not?)

4) Buzz.

What shows are people talking about? Try to go to these shows. They will be hard to get into.

5) Check out one or more of the acts that were showcased at Tuesday night's Big Bang! opening night.

God Is a Scottish Drag Queen, Guernica, Loon, Underbelly and Peter 'n' Chris. Thank me if they are great. Do not blame me if they are not.

6) Go to:

Anything starring Jem Rolls.

7) Use the Fringe Escort Service.

While this sounds like one of those alternative modeling agencies, it's actually a handy, brand-new way to see Fringe shows. You just show up at the Fringe Info Centre and let one of the Escorts choose a show for you. They'll even go with you, apparently.

8) Go to Fringe-For-All

Hey, it's tonight! Host David C. Jones tries to get as many Fringe artists as he can into two hours. Each one has two minutes to try to entice you to go to their show. Starts at 10 p.m. at Performance Works. $10.

9) Wait for The Public Market Pick of the Fringe and Pick Plus.

The top-10 Fringe shows whittled down from public votes and picked by Fringe judges. Sept. 19-23 at Performance Works. All Pick shows $18.

For more information

Need even more?

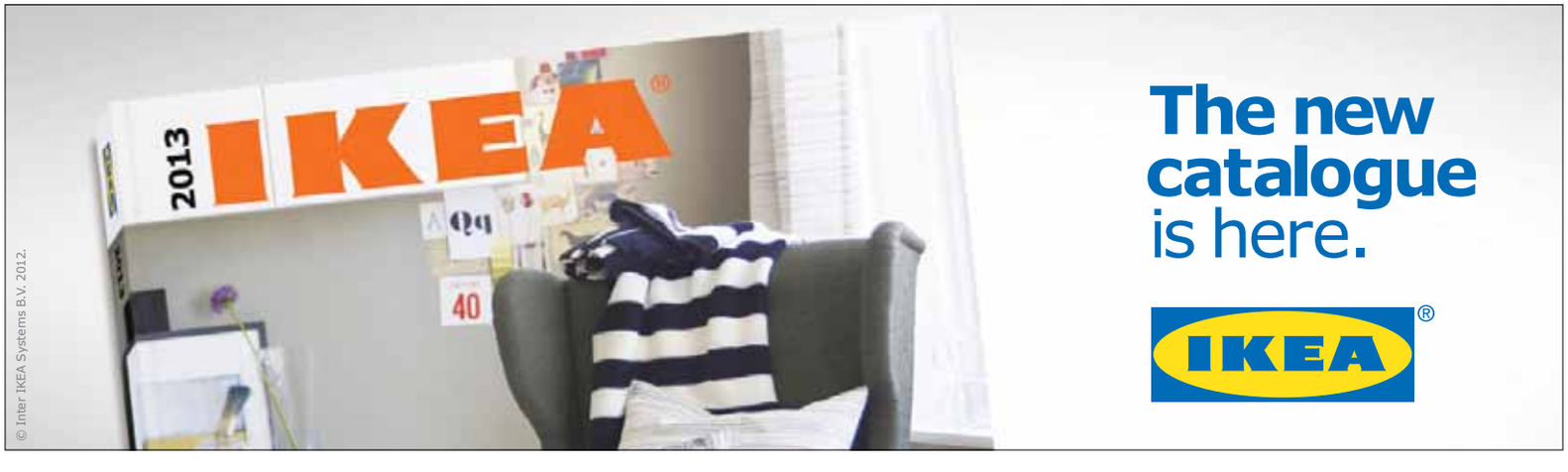
- **Website.** Visit VancouverFringe.com. And, to paraphrase Breaking Bad's Jesse Pinkman, start Fringing, yo!

Jem Rolls performs his big word performance poetry for six shows during the festival. HANDOUT

2SCENE

On the web

A week before release of anticipated disc, Bob Dylan reopens theatre in NY



Matt & Kim living straight outta hipsterville

New album. Partners in every way, this musical duo produce dance-punk-pop inspired by the hip-hop around them

MICHELLE CASTILLO
Metro World News

Dance-punk duo and independent music darlings Matt & Kim aren't just partners in their music career: They've been dating since even before their band formed in 2005. Since then they've had several milestones, including their song Daylight being used during an episode of HBO's Entourage and being asked to be the supporting act for Blink-182 and My Chemical Romance during the 2011 Honda Civic Tour. Now, the two are putting out their fourth album called Lightning (out Oct. 2) and gearing up for a six-week tour through the United States and Canada. We caught up with Matt and asked him to tell us what helped inspire the album, and what it was like to record and live in the center of hipsterville, Williamsburg in Brooklyn.

What was the big inspiration for this latest album?
We've always made upbeat music, but I think there's sort of the darker edge that Matt & Kim can have, there's slightly more of it on this album. There's still a share of upbeat songs — everything feels upbeat — but in some of the lyrics there's a slightly different edge. I don't know if that's inspiration, but as always we make albums from just what comes out of us when we try to make them, and we were certainly surprised at that for this album.

It's kind of ironic that it's darker when it's called Lightning. Why did you go with that name?
We go a lot by what feels right, and there's something about the word lightning and the feeling that went with that. Still, it's a very energetic album with some of the fastest songs we've done yet and things like that. It's just something about it. I think this word describes this album.

I know you recorded in Williamsburg, Brooklyn — which has quickly become the hipster capital of America. How do you feel about this new stereotypical view of Williamsburg?
I mean, I see why it can be seen like that and whatnot, and it's true. I've gone to few other places that have such a high concentration of people who are into art and music and things like that in one place. I felt that Williamsburg for a long time has been very inspiring in that sense... being surrounded by other people who are concerned with similar things to myself and whatnot.

Yet, after living there for eight years, we just moved out and moved away. Of course, things as they do in New York evolve and change, and Williamsburg is one of those things.

Exclusively online

Matt & Kim, Soulja Boy, and Andrew W.K. have risen from the dead to throw a raging dance party in a morgue. The mortician has left for the night, the limbs are fresh and there's formaldehyde on ice. Check out the brand new video for I'm A Goner.

- **To watch the video.** Go to metronews.ca/scene

Matt & Kim's new album Lightning is out Oct. 2.
GETTY IMAGES

THE METRO NEWS AND JFL42 FESTIVAL CONTEST club metro

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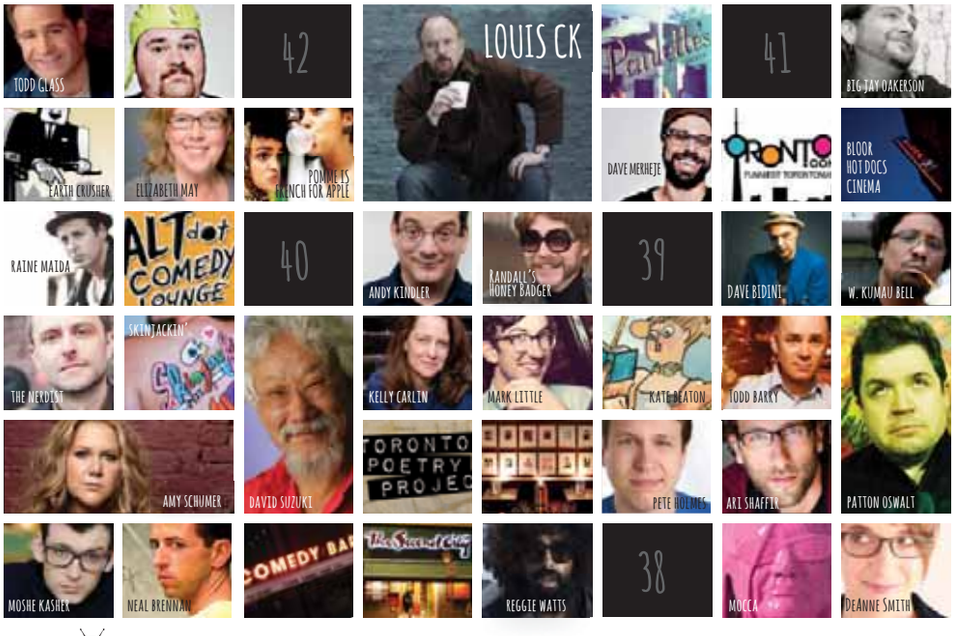

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There are No Reservations but be sure to PVR Anthony Bourdain's TV show

Travel show. Celebrity chef talks about the evolution of his hit show that has viewers chomping at the bit

AMBER M RAY
Metro World News

Anthony Bourdain's show No Reservations returns. HANDOUT

Anthony Bourdain is in his last days of vacation. It's not the globetrotting-around-the-world, eating local specialties kind of trip that has gained the no-nonsense chef a cult following on his travel show No Reservations. No, this is a getaway in the Hamptons with his wife and daughter, whom, he says via cell phone, is snuggled up to dad as he answers our questions about his series' ninth and final season.

You're on the road so much for the show. Is this the first vacation you've been able to take in a while?
This is the longest vacation I've ever had. It is a normal vacation; the most time I've ever had with my family. My five-year-old girl Ariane is resting her head on my chest at this moment.

Then we'll keep this short! Did this final season feel like a victory lap, or more like just the end of a chapter, considering you'll be doing another show on CNN?
(It felt like) a victory lap in the sense that we're going out on a high note with a strong season, we're still doing our best work, and the show's still doing well. There was very much the sense with all of us who make the show that it's a chapter ending, but we're pretty much 'all right back to work.'

One of the great things about No Reservations was the way that you documented the areas you travelled to with such authenticity — it was you, exploring a region and culture, through food. And you never shied away from talking about things like war or a nation's struggles. Looking back, how were you able to get such a non-touristy show like this made and then stay on the air for so long?
You know what? I don't really know. It became clear after two years working on a show called A Cook's Tour with Food Network that they liked the show, it was doing pretty well, but they wanted a cheaper version and less foreign travel, but yet the show was very popular abroad. I think it's still running in Asia, Latin America, parts of Europe. So when we left Food Network, there was a desire to find an American network that would fund the show or finance the show intended largely for what we perceived to be for foreign audiences. And I think early on Travel didn't have a lot going on — I mean, they were known for the World Poker Tour shows and not too much else.

And yet, after every episode of No Reservations, viewers are left either wanting to travel to the location or at least learn more about it — which, it seems, is what a successful travel show should do by definition.
I was never looking to do that. I'm happy, very happy, very pleased, very satisfied, when I hear after the fact that a show we made about Vietnam or Spain inspired people to go and that they had a good experience and it changed their worldview; that makes me satisfied.

Book it

The no-nonsense chef is back for more with his show No Reservations on Travel.

- **Where to find it:** A new season of Anthony Bourdain's No Reservations premieres on Travel+Escape on Wednesday, Oct. 3 at 9 p.m. ET/ 6 p.m. PT.

Career Bear

Do you know...

What careers offer the greatest flexibility for parents?

When you should be looking for a career change?

What schools offer the training you need?

E.L. James, author of Fifty Shades of Grey. CONTRIBUTED

‘I really liked being a terrible tease’

Q&A. Metro chats with E.L. James, the woman who started it all

WILKE MARTENS
Metro World News

Writer Erika Leonard, better known as E.L. James, has become a worldwide phenomenon in only a few months. Since her erotic trilogy — Fifty Shades of Grey is the title of the first book — has become a great success, she travels all around the world. We met up with her in the fancy College Hotel in Amsterdam.

The success must be a big surprise?
Surprise? It’s a shock! I was especially surprised by the speed with which it travels the world. The contract for mass publication was signed with Random House on March 7, and the first book was already in the shops in the first week of April.

Fifty Shades started out as an online publication. Yet, it has sold 15 million copies worldwide anyhow.
The numbers are staggering. The rights have been sold to 41 countries, the film rights are sold. And all of that happened in only a short period of time. It keeps surprising me.

Everybody talks about the women who are enjoying the books. Do you have any male readers?
More and more men read my books. Sometimes they say things like: ‘Thanks a lot for what your books have done to my wife ... wow!’ A while ago, a 71-year-old man wrote me to thank me. My books made him remember what it feels like to fall in love. That was so cute.

Aren’t men embarrassed to admit they’ve read your books?
They don’t tell me they are. But I am embarrassed when men read it, because I didn’t write the books for men.

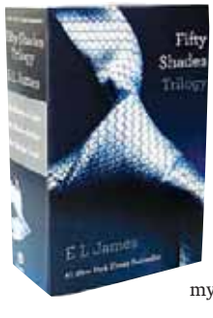
Why is it embarrassing?
Because it’s all about fantasies. When you go out with your friends and you discuss things like sex, I feel totally comfortable. But when you’re with a group of men ... I don’t like to talk about sex when there are men around.

Did you have fantasies because you were writing this story? Or did you start writing because you already had these fantasies?
Good question. I think it was a combination of the two. We’ve all dreamed of a partner who is so terribly rich that he can buy anything you want. But the kinky sex stuff really was a fantasy. Although, after doing some research it might not be just fantasies.

Is it the kinky sex stuff that made the book so popular?
Partially, I think. There is so much fiction out there with kinky sex in it. People like the sex, but they especially like the passionate love story. It was the love story that held it together for me.

Did you put in all the sex in order to avoid the cliché love story?
Not at all. I started writing with the idea: when you meet someone who is into BDSM (bondage, discipline, sadism and masochism) and you are not up for it, what will happen? I had read some things about BDSM and I thought: ‘Ooh, this is hot!’ Would I ever do such a thing? My fantasies ran wild.

All three books are true page-turners. Did you write like that on purpose?
It’s a coincidence. I started by writing a chapter with the most awful cliff-hanger. Online readers had to wait for another week for the next chapter. Many people responded to that. That was fantastic. I really liked being a terrible tease.



So, what will be next?
I would like to rewrite the first novel I ever wrote. It still needs a lot of work and I’m looking forward to that. But it’s impossible to find the time to write at this moment. Besides, I’m exhausted. I’m looking forward to my holidays.

Hollywood

So in the movie, who should play...Christian?

Christian Bale

He has proven he can be the ultimate kinky bad boy in American Psycho. And he's already got the name.

Justin Timberlake

He's brought Sexy Back before.

Alexander Skarsgard

With his intense look and towering physique, Skarsgard has a dominating presence. His interactions with Sookie in the fourth season of True Blood shows us he knows how to be a passionate lover — even though we prefer him mean, harsh and sarcastic.

Daniel Radcliffe

If the versatile actor really wanted to shed the Harry Potter stigma, he should take on this role. He's a bit young to have created his own empire, but after getting naked for the play Equus, he has what it takes.

...and Anastasia?

Katy Perry

She's got that wide-eyed look that makes her seem innocent, despite the fact she's spraying whipped cream out of her boobs.

Anna Gunn

The Breaking Bad star is way too old for the part, but the "hot mother" vibe will make her relatable to the housewives that are obsessed with this series.

Ellen Page

If you ever need an awkward female lead, call on Ellen "Juno" Page.

Mila Kunis

Want to draw in male viewers? Boyfriends will be more than willing to watch.

Kristen Stewart

Anastasia Steele is based on Bella from Twilight. And can you imagine anyone who could deliver flat dialogue with no emotion as well as Kristen Stewart?

Fifty Shades fallout

Trend. What are the long-lasting effects of the best-selling series, now that the buzz has died down?

MICHELLE CASTILLO
Metro World News

With its cheesy bedroom banter, bondage scenarios and detailed explanations of what goes where, Fifty Shades of Grey has gone from a cultural must-read to the played-out book your mother-in-law brought on vacation.

So with the hype fizzing out, what will be the long-lasting impact? For starters, according to experts, expect an era where women can be more open than ever about what they enjoy in the bedroom — often taking charge of the fantasies themselves.

Sarah Forbes, a curator with the Museum of Sex in New York, said that she's observed more women writing erotic fan fiction online (which is how Fifty Shades began, as a Twilight spinoff).

She chalked it up to the fact that women, more than men, need to be stimulated physically and mentally, so for some, writing about sexual daydreams or drawing sensual fan art can be an erotic experience. The success of Fifty Shades legitimized the form.

"For some people, it can just be fun and playful. It can border on their humorous space," Forbes says. "It lets people create a relationship with these icons of our popular culture."

Sex therapist Wendy Maltz points out that society has been "very repressed and uncomfortable" about the topic of sexuality, so fan fiction is a way to lighten the mood. That comfort can open up a discussion about their real-life likes and dislikes.

"There is a lack of healthy direct discussion about sexual issues," Maltz says.

"There is a difference between what the real needs are sexually for men in the general population and the more sensational extreme presentations that come out and are put into the mainstream pop culture and are not representative of real satisfaction to people in the long run."

Quote

"There is a lack of healthy direct discussion about sexual issues."

Wendy Maltz, sex therapist and author of The Porn Trap

Magic Mike. CONTRIBUTED

The magic of Magic Mike and Zumba

Fifty Shades wasn't this year's only sexy hit. Magic Mike, a movie about male strippers, made more than $100 million at the US box office, and Zumba classes, inspired by a sexy Colombian dance, had grannies shaking their hips suggestively.

Talli Rosenbaum, a certified sex therapist and an associate editor of the Journal of Sexual Medicine, said women are seemingly, suddenly left with once choice: embrace this stuff or be left out.

People have forgotten that there's still a large number of people who enjoy "monogamous, vanilla sex," she says. She works with traditional religious populations, and, "I find a great deal of disparity or contradictions in those populations, as well as people who are very exposed to all kinds of images on the Internet and all kinds of things that are not necessarily normative sexual education," she adds.

"They might think that this is what everybody does."

You now have "permission"

The experts we spoke to recommended defining yourself against these media, rather than being defined by them.

Dr. Stephen Snyder, a sex specialist and sex therapist, has seen women being more open to exploring their sexual sides, and says Fifty Shades of Grey has given women "permission" to explore explicit sexual fantasies. The book could even improve your relationship, with a catch: "We'd probably need the men to read it too," he says.

"There's much that men can learn from Christian Grey about what women need, such as for a man to take good care of himself and his surroundings, to express his desire for his partner in words."

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Nicki rides with the Republicans?

Nicki Minaj has listeners wondering about her political affiliations after she apparently endorsed Republican presidential candidate Mitt Romney in a verse on a new track by Lil Wayne.

"I'm a Republican voting for Mitt Romney. You lazy bitches is f—ing up the economy," Minaj raps, though the line comes immediately after some boasting about her wealth and lifestyle, so it's unclear if the lyric is an actual declaration or just playing with a theme. In any event, it's a bright spot in Romney's recent dealings with musicians after several artists have attacked his campaign for using their songs.

No one's judging: American Idol's empty panel

With only Mariah Carey officially signed on to be a judge, the producers of American Idol are in a frenzied search to lock down the rest of the panel, according to TMZ.

On-air auditions begin in New York in two weeks for contestants and so far the show has failed to work out a final deal with potential judges Nicki Minaj and Keith Urban. Longtime judge Randy Jackson is also reportedly out.

An insider tells TMZ that this year, they are looking to break the one male and two female format to add a second dude to the lineup. At this rate, they might have to lower their standards a bit.

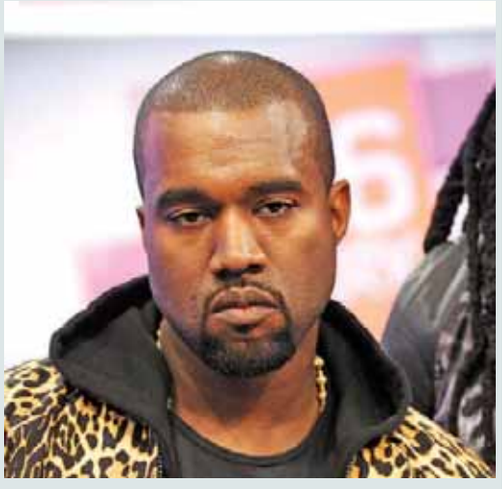
Kim Kardashian would probably be interested.

Mariah Carey

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Thanks for the honesty about Kim, Kanye!

PAT HEALY
scene@metronews.ca

We've slagged Kanye West in this column before, and we've certainly slagged Kim Kardashian here too. And when it comes to Kanye and Kim as a couple, well, we've really never said a single positive thing about them. But that is about to change.

See, the biggest gripe we had with Kim was that she was undeservedly famous, since she never exhibited any real talent, at least no talent that anybody could explain in a family-appropriate way.

She co-starred in a sex tape and then all of a sudden, she and her entire family are all reality superstars. And then the thing that got her famous, she doesn't even do anymore!

So the problem we then had with Kanye was that homeboy could do better than her. But in a new song from his Cruel Summer compilation album, Kanye is brutally honest about his mate.

"My girl a superstar, all from a home movie," he raps on the track Clique, an excerpt of which was made available by TMZ. We'd gladly quote more lyrics, but in trying to find the full song online, so many of the links on YouTube were decoys, where aspiring rappers tag their tracks as "Kanye West — Clique."

Who does that? That's not the way to get famous! Make a sextape, get a reality show, date one of the greatest rappers ever and then have him or her talk about you honestly!

Jessica Simpson. ALL PHOTOS GETTY IMAGES

'I let myself indulge in everything I wanted': Jessica Simpson

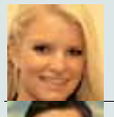
Jessica Simpson doesn't have any illusions about why she put on weight during her pregnancy, but she's learning a thing or two about how hard it is to get rid of.

"I let myself indulge in everything I wanted because it was the first time I was ever pregnant, and I wanted to enjoy it," Simpson tells USA Today.

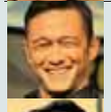
"I didn't realize (the weight) didn't all come off with the baby." Still, Simpson says she's trying — and doesn't appreciate being judged by the standards of other famous women.

"My body is not bouncing back like a supermodel," says Simpson. "I'm just your everyday woman who is trying to feel good and be healthy for her daughter, her fiancé and herself."

Twitter



@JessicaSimpson
24 is my new treadmill show!! How have I not watched this show before now?!?! Jack Bauer is my hero!



@hitRECordJoe
Anyone know any good jokes?

@ladygaga
MAJORLY trolled by a fan tonight who lured me with a heart sign, i then ran around the entire catwalk w it, + the back actually said "HIGH"

@AlbertBrooks
Are you better off than you were 4 years ago? Physically? No way.

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COCO ROCHA

Coco Rocha — the Canadian supermodel who's worked with Versace, D&G, Lanvin and many more — has more than one million followers on Google Plus, Twitter and Instagram combined. Here, the 23-year-old tells Metro's Romina McGuinness what's behind all that sharing — and who she's excited about during all those fashion weeks.

SOCIAL MEDIA STAR

What designers are you most excited about this season?
A good friend of mine is Zac Posen so I'm always in love with his work. Then there's Jason Wu, Helmut Lang, McQueen, Balmain, Jean Paul Gaultier and Chanel."

What do you look for in an item of clothing or an outfit?
The outfit needs to be either really crazy or really couture. Unless I'm shopping for your average tee, I like one of a kind sort of things. I love vintage because each piece of clothing is unique and has its own story. I got the chance to go to Elizabeth Taylor's auction and buy one of her outfits that I wore to the Met Ball. It was the perfect statement dress. I tweeted how there was a wine stain on the dress and asked my followers to spot it. On the red carpet, people were like, show us the wine stain!

Why do you think fashion matters?
It's funny when people pretend to not care about fashion. I'm not one to say 'fashion is the future!' We're not curing cancer, but I do believe in the industry. People might say, 'don't worry about fashion, it's just clothes,' but clothes is exactly how you're portrayed. We're all about image in this world. If you want to be taken in a certain way, it's down to the way you look. As much as people would like to think fashion is nothing, it plays a huge part in how people dictate who you are.

The fashion industry is competitive, but you've maintained a sense of humour.
Most people think models are competitive, but with the girls of my calibre, the ones I grew up with, we're not like that. We're close friends, it's kind of like fashion high school. I try not to take myself too seriously. I'm not a model who thinks she's saving the world but some girls and boys look up to me so I want to be a good role model. I'd like people to think that I was a quirky little nerd in school and came to grow into myself to become something that —who knew I could?

People tend to love or hate social media. Why did you decide to make it yours?
At the beginning of my career, there was no social media. I never had the chance to speak on my behalf. You'd see a photo of me, but who was that person? If I did an interview, it was up to the interviewer to decide how I'd sound. With social media, I started a blog. I knew that if this 'blog' thing became something, I could use this platform to stand up for myself. I tried hard with Twitter but at first I was like, this thing will never catch on!

Yeah, so why do you feel the need to share personal moments with your Instagram followers?
My job is to show photos of myself but that's not always the reality. I go to work and play Coco the model but that's not Coco. I don't have those cheekbones! I really am a plain girl too. It's funny how interested people are in a models' normal life. I think a picture of me watching TV is pretty boring but apparently, it's the most fabulous thing.

During fashion weeks, Coco will be filming The Face, a new supermodel reality show co-starring Naomi Campbell and Nigel Barker. Follow her: @cocorocha and at cocorocha.com.

Top 3

Coco's top three tips for becoming a social media superstar.

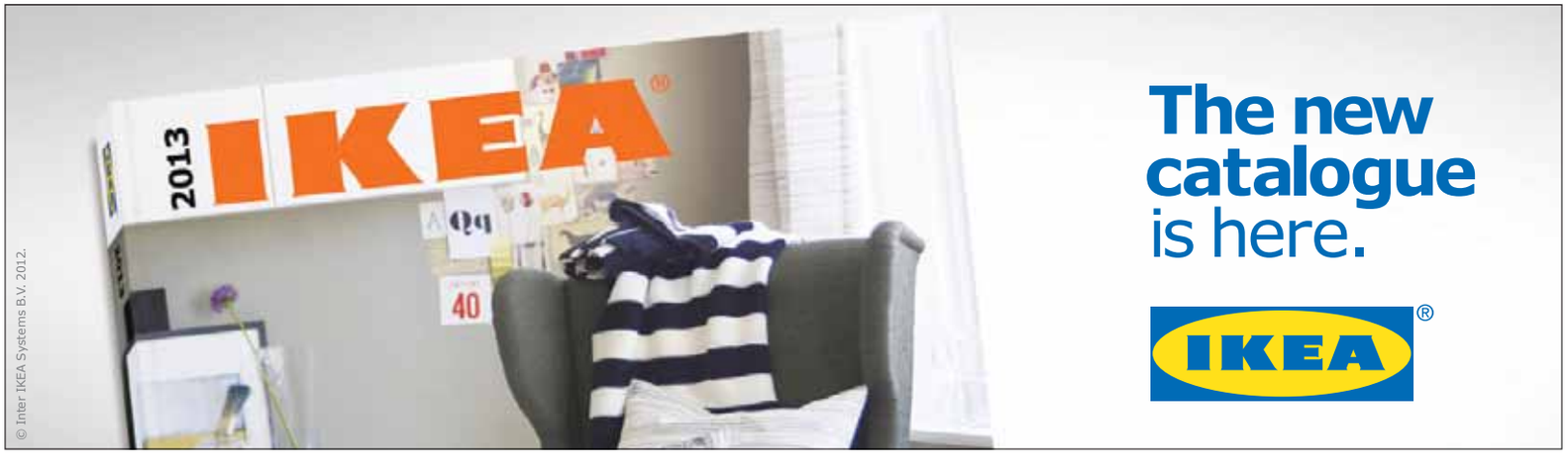
1 Make friends. Follow certain people related to your industry and communicate with them. In return, when they communicate with you, you'll build up your audience because their followers will be like, who is she talking to and why?

2 Give original information. I try not to re-blog or re-post other people's comments unless it was so amazing and hilarious. I give information that is mine so that it goes out to the public and then back to me.

3 Be responsible. Your workmates are going to see this, not just your friends. In the end, your bosses can see it.

On the Web

New event home among fresh changes afoot for Montreal Fashion Week



Enter your home in style

Design Centre. A reader gets advice on how to organize and jazz up her front entrance

I have a small front entrance to my new townhouse and I'd like some ideas to make it look more attractive yet have it be functional too.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's that time of the year where back to school and work means backpacks, briefcases, shoes, coats and purses get dropped by the front door when we get home from a long day.

Your front entrance not only needs to be functional for your daily routine, but attractive for guests who enter your home.

From organizing to decorating, here's a few ideas to create a well organized and attractive entrance.

Be decorative

• Paint the inside of the front door a jazzy colour in gloss paint. Hang a large mirror to make a tight space feel visually larger. Lay a decorative yet durable runner for comfort and colour under foot.

Add slim furniture

• Place a narrow console table near the front door to hold flowers and mail. Add a storage bench to sit on and store shoes. Hang floating shelves to display candles and decorative objects.

Where to splurge

• A decorative light fixture is always a good investment and if you move it can always go with you. Make sure it gives off enough light to brighten the entire entrance as chandelier-style fixtures often don't put out the amount of light needed.

• If your house gets light foot traffic at the front door then splurge on an attractive hall runner rug. A durable front door mat can always help trap dirt and offer a place for shoes to rest near the front door.

• A wireless touch-light will help brighten the inside of the closet; I suggest hanging one above coat level and one below coat level to ensure you see everything on the upper shelves and shoes below.

• Quality wooden hangers and storage boxes will help attractively organize your closet into a place you want to hang your coat each night.

Paint the inside of your front door a stylish, glossy colour. Benjamin Moore's Moroccan Spice AF285
BENJAMINMOORE.CA

Red Mahogany Wood Hangers, $9/set of 4

Oversized wooden hangers are strong for all the coats in the closet. BedBathAndBeyond.ca.

Infinity Console Table, $298

A sleek 12-inch console table is the perfect size for a small foyer. HomeDepot.ca

Victorian Hotel Pendant, $1675

A splurge of quality lighting will help to create a great impression when coming home. RestorationHardware.com

Gabbeh Modern 31"x 90", $363

All wool Gabbeh style hall runner makes a colourful statement when entering the house. EcarpetGallery.com

6 accessories to stylize your condo

We asked Metro readers what their favourite condo accessories are and came up with this list of easy and inexpensive upgrades that are both functional and add flair to your home.

DUNCAN MCALLISTER

iPod dock clock radio

Wake up to your favourite tunes with an iPod dock clock radio. This trendy new accessory is very popular for condos. Here's the Revo Domino internet radio and iPod/iPhone dock with built-in speaker and alarm clock. It includes a remote control. $199.00 at Bay Bloor Radio.

Bladeless fans

These new bladeless fans are hugely popular and are great for condos. Dyson fans use air multiplier technology to draw in and amplify the surrounding air. There are no fast-spinning blades so there's no need for safety grilles as they project a stream of smooth air. The 10-inch AM01 table fan is $379.99 from Dyson Canada.

Espresso maker

Coffee aficionado Matthew Slutsky of Buzzbuzzhome.com says no condo should be without an espresso maker: "Steam driven, piston driven, pump driven; automatic, semi-automatic, super-automatic; air pressure, stove top. Yes! There is a lot to learn, but buying a great espresso maker makes a world of difference." DeLonghi 15-bar pump espresso machine. $249.99 at Sears Canada.

Maple cutting board

A traditional end-grain butcher block makes an elegant kitchen accessory that's functional and stylish at the same time. These cutting boards can be built into your kitchen island or used as a standalone. John Boos Solid Maple Cutting Board. $99.99 at Costco.ca.

Linen cabinet

With smaller condos, bathroom storage is in demand. Bedrooms are small, but the bathrooms tend to be larger, and that unused corner could be a perfect spot for a linen cabinet or shelving. Several vendors now offer a variety of extra storage options for bathrooms. This linen cabinet features three large storage areas with soft closing doors and comes in five finishes. $399 at Toronto Vanity.

Wood wine rack

Nothing sets off a room like a fully-stocked hardwood wine rack. These units come in a variety of sizes, as well as wine cabinets and wine cooler fridges. Here's a six-foot-high, individual bottle, 3-column wooden wine rack, just perfect for a condo. $304.00 from Rosedale Wine Cellars.

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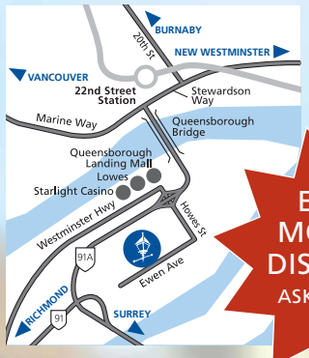

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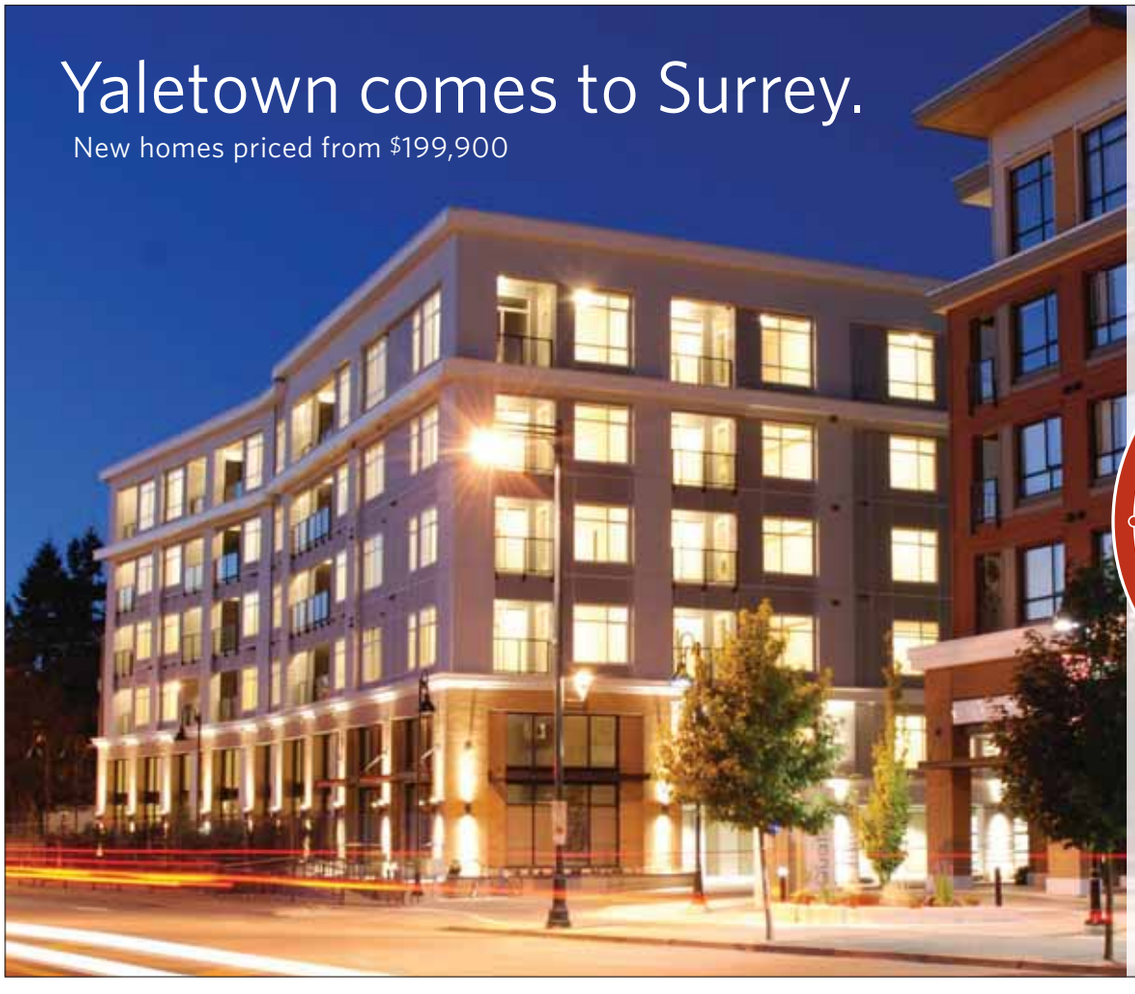

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The slipcover solution: Your perfect seasonal makeover

DIY ideas. They spruce up furniture and create a new look in a room. And the best part — slipcovers can be done on a budget

Slipcovers will last a few years. Then you can choose a new fabric for a whole new look again. ISTOCK IMAGES

To Slipcover or not

Before ordering your slipcovers, you need to ensure that reupholstering is the right tool for the job at hand.

• Consider how much you like the lines of the piece of furniture. If the silhouette is too modern or old-fashioned a slipcover won't fix that, but if you love the basic shape then it can be a great cost-conscious way to update it.

• Think about the use of the piece. If you have small kids or pets, the removable and washable nature of a slipcover is a wise choice.

• If there are lumps in your sofa or the chair is uncomfortable then the only way to fix it is by re-working from the inside out.

Settled on Slipcovers?

If you've determined that a slipcover is the right choice for you, there's another question to consider — standard or custom?

• Custom-made slipcovers will give you a crisper profile with individual tailoring, but you need to consider the over-all style of the room.

If it's cottage comfort or shabby chic then a slipcover that appears a bit baggy will suit the space.

However, a strongly traditional or modern space requires a tailored fit.

• Also think about the shape of your piece. If you have an unusually shaped piece of furniture it will be hard to find a pre-made slipcover that will suit it.

• Fabric will also help determine the right choice. Slipcovers come in all sorts of colours and patterns, but if you have your heart set on a particular shade or motif then you may need to custom create it.

• Lastly, determine a budget.

Custom slipcovers are significantly more expensive than pre-made versions.

Keep It In Shape

After choosing the right slipcover for your space, there are a few key maintenance tips to remember.

• Over time the slipcovers will slide, so you need to tug them into place or tuck loose fabric between cushions.

• Remove and clean them every few months, and remove to spot treat any small stains.

Slipcovers will last a few years before they need replacing — then you can choose a new fabric for a whole new look in your home!

FULL OF SAVVY AND RESOURCEFUL TIPS LIKE THIS FOR HOMEOWNERS, PROFESSIONAL GRADE FEATURES A COMPLETE ROOM RENOVATION DONE ON A LIMITED BUDGET – AND IF THE HOMEOWNERS CAN CONVINCE EXPERT CONTRACTORS THAT IT COST MORE THEY WIN THE DIFFERENCE!

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Don't wait for your guests to leave

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Sometimes you need to get a head start on laundry while your house guests are still around. ISTOCK IMAGES

I recently had house guests. On the day of their departure (they were not leaving until midday) I found myself laundering the bed linens from my guest bedrooms and towels from my guest bathrooms while they were still at my house! Is this considered rude or inappropriate?
Thanks,
Laundry boy

Dear Laundry Boy,

There is absolutely nothing wrong with starting your laundry while your house guests are still with you.

In this day and age when we are all busy and don't have domestic staff to do these things behind the scenes, so to speak, this is a great way to get ahead and move forward with the tasks of the day.

Now the question should be how do we do this without offending our guests yet getting our work done?

I would simply ask "would you mind doing me a favour and pulling your bed sheets after breakfast so that I can get the laundry started."

My only other advice is to not go into your guest bedrooms to take the sheets of the bed without them knowing. Try saying something to the effect of, "do you mind if I go into your room to take the sheets to start the washing?" and hopefully your guest will offer to help you!

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A medicinal indoor herb garden with herbs for growing during winter months, from left, lemon balm, French thyme, and sage. JENNIFER FORKER/THE ASSOCIATED PRESS

Indoor herbs can heal what ails you

What if you could soothe a sore throat or a headache with a snip of the scissors? Well, plant some herbs indoors now, before fall sets in, and you could have a winter's worth of folk remedies.

Many medicinal plants, especially herbs, grow well indoors, says Amy Jeanroy, who runs a greenhouse business near her Ravenna, Neb., home, and writes and teaches about medicinal herbs. She recommends starting with these five: thyme, chamomile, mint, lemon balm and sage.

Each works well as a tea: Grow, cut and dry them for use throughout the year, or use fresh herbs. To brew a tea, add 1 teaspoon of dried — or 3 teaspoons of fresh — herbs to 1 cup of boiled water; steep several minutes, then remove the herbs.

"A lot of herbs that people already cook with are herbs that have medicinal qualities," says Jeanroy. "It doesn't necessarily mean it's kicking the flu for you. It helps you."

Thyme, Jeanroy says, can soothe a throat sore from coughing, and Blume touts its anti-viral properties. Mint — especially peppermint — is a home remedy for an upset stomach. Lemon balm can be taken as a tea to counter headaches, added to other medicinal teas to mask an unpleasant taste, or steeped stronger to make a topical, antiseptic cleanser for a skinned knee or itchy bug bite, she says.

Take care of your indoor herb garden, and it'll return the favour.

"I don't know if it stems from surrounding myself with plants or spending so much time with them, but the whole process — you're pinching back herbs that smell good and heating the water (for tea) — I think that's part of the healing," says Jeanroy.

THE ASSOCIATED PRESS

DIY

- Start with a small indoor garden, Mazikowski suggests, and know that the plants aren't likely to last longer than 18 months.
- Use a large, clean pot filled with sterile potting soil. Sow seeds or use small starter plants.
- Unless you have a spot that gets six hours or more of sunlight, you'll need to invest in grow lights, says Jeanroy. Buy inexpensive, full-spectrum light bulbs, sold at home improvement stores. Your plants will need 14 to 16 hours of this artificial light daily.
- Plants grow best if the daytime indoor temperature is between 70 and 75 degrees.
- Make sure there's a drainage hole in the pot, and don't over-water. Soggy soil can lead to mildew, mould and pest problems.

Green spaces for kids

A more natural playtime

What's a natural playground? And who builds them?
-Jodi of Toronto

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Natural playgrounds bring children back to nature! Imagine a schoolyard, daycare or public park with fallen logs, tree stumps to sit on, vertical log forts and a slide built into the side of a hill.

Now what's the playground like at your kids' school or your neighbourhood community centre?

Is it a concrete jungle gym or a welcoming green space?

Research shows that natural playgrounds provide more variety of play opportunities, supporting social interaction and physical development for children.

They also meet a child's individual needs according to stages of development, learning styles, personality types, friendship patterns and culture.

Access to green spaces can even improve academic performance.

A growing number of physicians are prescribing Vitamin "N", for nature, because time outside is known to moderate the effects of stressful events. Kids who spend more time in nature are more resilient and cope better.

Of course, no playground is risk-free. But those that are well-designed provide opportunities for children to engage in healthy risk-taking. If playgrounds are too safe, kids won't learn to assess risk.

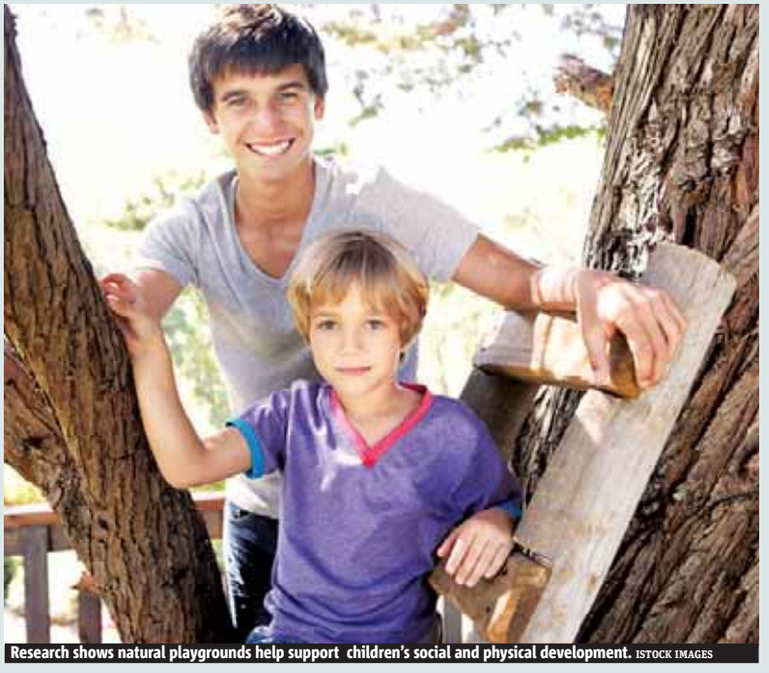
Bienenstock Natural Playgrounds was the first company to create these types of playgrounds in Canada. Learn more at naturalplaygrounds.ca.

They specialize in design and consulting and hold workshops across the country to help people customize school and community playgrounds.

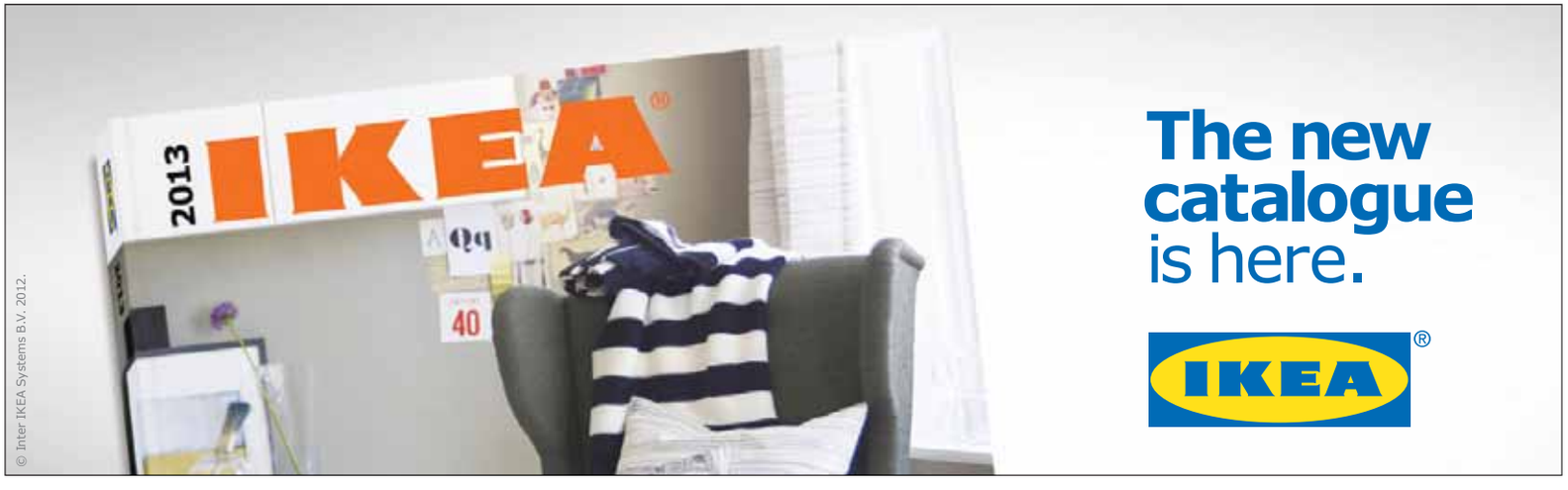
Their goal is to create spaces that reflect the natural heritage of a site — rolling hills, pathways, boulders and logs — where children and families are encouraged to explore.

So while traditional playgrounds restrict children to specific activities and limit creative play, natural playgrounds are able to increase attention spans in children, raise school grades, decrease absenteeism and increase collaborative play and learning.

Not bad.



Research shows natural playgrounds help support children's social and physical development. ISTOCK IMAGES



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Delicious bites coming to a television near you

On TV

Show's 3rd season hits the road

Looking for some inspiration for your next dinner party or some advice on what not to do? Season three of W Network's Come Dine with Me Canada has you covered.

Launching with five back-to-back episodes on Sept. 10, this time around the show hits the road to travel to Edmonton and Charlottetown.

Come Dine with Me Canada follows five amateur chefs as they vie for the title of ultimate dinner party host. Each night, five strangers take turns hosting a dinner party. Then participants secretly score their host on a scale of one to 10. The host with the most points at the end of the five nights wins a $1,000 cash prize. METRO

Come Dine With Me Canada. As the show sets to return for another season, get in the mood with a contestant recipe

Beef Wellington by Sandra Latcham of Toronto

1. In food processor pulse mushrooms to rough paste. Scrape into pan and cook over a high heat, 10 mins., tossing frequently. Spread out on a plate to cool.

2. Heat frying pan and add a little olive oil. Season beef with salt and pepper; sear in hot pan 30 secs. Remove from pan and leave to cool. Once beef is cooled, spread top with Dijon mustard, top off with mushrooms and roll Parma ham over whole piece. Set aside.

3. Roll out puff pastry on floured surface to large rectangle. Cut into 4 equal pieces. Lay beef in the centre. Brush surrounding pastry with egg yolk. Fold ends over, wrap pastry around beef, cutting off any excess. Turn over, so seam is underneath, and place on baking sheet. Brush over pastry with egg and chill 15 mins to let pastry rest.

4. Heat oven to 200 C (400 F).

5. Lightly score pastry at 1 cm intervals and glaze again with beaten egg yolk. Bake 20 mins., lower oven setting to 180 C (350 F) and bake another 15 mins. Allow to rest 15 mins. before slicing and serving with accompaniments. Beef should still be pink in centre when served.

Haricots Verts, Roquefort, Black Walnuts & Crispy Prosciutto

1. Bring pot of water to boil. Add beans and blanche 2 mins. Drain and put in ice bath.

2. Pan fry prosciutto in skillet until crispy and remove.

3. Put beans back in skillet, add Roquefort cheese and walnuts and toss till warm and melted. Garnish with Prosciutto.

Ingredients

Beef Wellington (individual)
- 400 g portobello mushrooms, roughly chopped
- Sea salt and black pepper
- Olive oil, for cooking
- 750 g prime beef fillet
- 2 tbsp Dijon mustard
- 8 slices of Parma ham
- 500 g ready-made puff pastry
- Flour, to dust
- 2 egg yolks, beaten

Haricots Verts, Roquefort, Black Walnuts & Prosciutto
- 1 lb French green beans
- 4 oz Roquefort, crumbled
- 1 1/2 cups walnuts, chopped & toasted
- 4 strips prosciutto
- Salt and pepper to taste

Gratin Dauphinoise
- 5 cloves garlic
- 4 lbs russet potatoes, peeled
- Salt, pepper and nutmeg
- 1 cup heavy cream
- 4 tbsp butter cut into bits
- 2 tbsp mixed chopped fresh chives and parsley

Beef Wellington & Crispy Prosciutto with Gratin Dauphinoise

This Beef Wellington is sure to impress guests. PROPER TELEVISION

Gratin Dauphinoise

1. Heat oven to 375 F. Butter 3 L baking dish. Sprinkle about half of chopped garlic on bottom and sides of dish.

2. Use mandolin to cut potatoes in slices. Arrange layer of potato slices in prepared dish, overlapping. Season with salt, pepper, nutmeg. Pour spoons of cream over potatoes. Sprinkle with some remaining garlic. Repeat layer until potatoes and garlic used. Pour in remaining creams and dot with butter.

3. Bake until potatoes very tender and have absorbed all cream and are golden brown on top, about 1 to 1.5 hours. To help gratin develop brown crust, raise heat to 400 F for last 15 minutes.

4. Sprinkle each portion with fresh herbs. SANDRA LATCHAM

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One trainer recommends students exercise on the same days every week, much like they take classes on the same day every week. ISTOCKPHOTO/THINKSTOCK

Exercise both the body and mind

RICHARD WOODBURY
For Metro

Imagine if somebody told you about something that was scientifically proven to improve your mood, reduce depression and anxiety, improve sleep, attentiveness, energy levels and the ability to concentrate — you would probably think it was too good to be true.

Actually, this quasi miracle drug is just plain, old-fashioned exercise.

An added benefit for students is that regular exercise can help improve their grades.

"You'll find that people who are more physically active will tend to do better on memory tests than those who are not physical active," says Brian O'Regan, a kinesiologist and personal trainer at Mixx Fitness Studio in Vancouver.

At campus fitness facilities across the country, there is a great rush of students heading to the gym at the beginning of each semester. Within weeks, the traffic dies down.

So what can students do to not become one of the two-week casualties?

The key is to schedule exercise into your life by making it a top priority.

"Yes, you've got to study and you have opportunities to go out and socialize, but if you have a written plan, it's easier to stick to it," says O'Regan.

Sam Michael agrees. He is one of the head trainers at Gym-Zone Lasalle in Montreal.

"If you just say, 'I'm going to do it' and don't write it down, you're not going to do it," he says.

Michael recommends students exercise on the same days every week, much like they take classes on the same days every week.

He also says that if people are realistic with their time and how much time they can devote to exercising, it will be easier for them to stick to that routine.

"You don't need to train for two hours (a session)," says Michael. "An hour or an hour and a half, three to four times a week is a lot of time for training."

Having a gym buddy will also help make sticking to a fitness routine easier.

The ideal partner will be somebody who is in similar shape and has similar fitness goals.

On the point of goals, it's crucial that people set tangible and realistic concrete goals, such as wanting to lose "X" amount of pounds over a certain period of time or being able to bench press a certain weight by a certain date.

"If you're not training for a goal, it's hard to stick to it," says O'Regan.

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Avoid the 'frosh 15'

Binging on burritos might be a hallmark of life away from home, but it wouldn't hurt to summon mom's advice about eating your veggies the next time you are staring down a vending machine.

Eating healthy while at college or university is a good idea to stave off weight gain and to boost brain health and alertness, say health and nutrition experts.

"It's easy to see why healthy eating might fall off someone's radar when coming to school," says Marcus O'Neill, a dietician and assistant director of the Human Nutrition Research Unit at the University of Alberta. "They don't have mom and dad preparing meals and they're eating out more. There are more stresses and time constraints and parties."

The expression "frosh 15" or "freshmen 15," which describes the average 15 pounds it's said many freshmen gain in their first year, is quite real, says O'Neill, although he believes a gain of five to 10 pounds is typically more accurate.

To prevent frosh pounds and to keep your brain optimally charged, O'Neill recommends freshmen do everything they can not to skip meals. Eating regular meals means you are less likely to overeat at the next meal.

Try to pack a lunch as well as some healthy snacks. Keep food and snacks in your fridge, pantry or backpack. Accessibility to healthy, nutrient-rich food is critical because the closer and easier you are to good food, the less likely you are to gorge on empty, high-caloric grub.

KELLY PUTTER

Schools are now offering orientation on how to do laundry. ISTOCKPHOTO/THINKSTOCK

Time for a clean start

KELLY PUTTER
For Metro

Away from home for the first time, cleaning your mess is probably the last thing on your mind. But it's a necessary fact of living on your own.

Some students come by it naturally, while others need some prodding, says Cate Morrison, a residence life manager at the University of British Columbia.

"We've found cleaning issues are one of biggest sources of roommate conflicts," says Morrison. "If they can be proactive about it early on by establishing a schedule it eliminates conflicts later on."

To help students, the university offers a printed schedule with a rotating set of duties it suggests be assigned to each roommate.

The school even provides tip sheets on how to clean a kitchen in 15 minutes or how to degrease an oven.

While many residences provide some degree of cleaning services, it's a good idea for students to know how to clean in between visits from the pros. Besides, some residences don't clean the student's bedroom and often students will live off campus and need to fend for themselves.

Morrison suggests students stock up on cloths, dusters, all-purpose cleaners or wet cleaning wipes that come in a canister. Dish soap is handy to have as some students like to prepare meals or snacks in residence.

An odour eliminator such as Febreze is also a good idea to help freshen up stale rooms, especially in winter when windows are often closed.

UBC offers programs that teach students how to make green cleaning products. Recipes cover window and mirror cleaner, mould killers, baking soda scrubber, and a natural fruit fly trap.

UBC also offers an orientation on how to do laundry with tips on how to separate laundry and how to wash delicates.

"They either usually get the hang of it or wait till they go home on weekends for mom or dad to do," Littlejohn says. "They figure it out when white socks turn pink."

All-purpose cleaner

- Here is a recipe for a natural all-purpose spray cleaner from UBC's life residence manager Cate Morrison:
- 1/2 teaspoon washing soda
- A dab of biodegradable liquid soap
- 2 cups hot tap water
- Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag.

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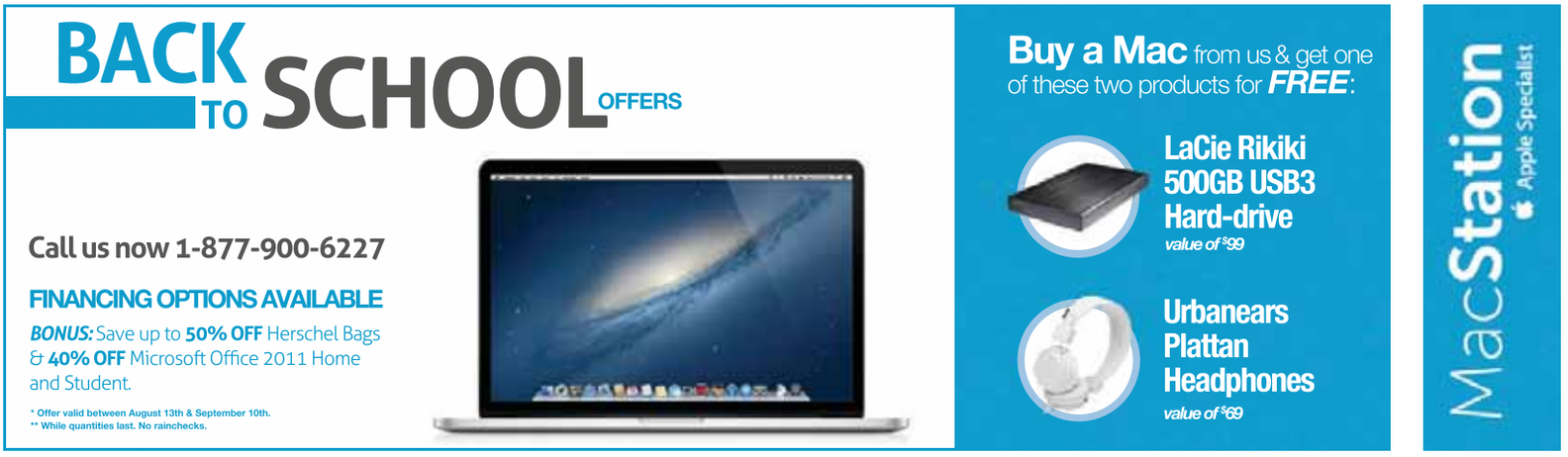
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Teens. Amp up wardrobe with colours and textures

STEPHANIE ORFORD
For Metro

This fall, colour and pattern aren't frivolities. They are style requirements, according to Sarah Smithers, fashion expert at Winners.

Key trends for teen girls and boys this fall incorporate both.

While denim and other basics lay the groundwork for solid fall style (denim vests!), this season they are amped up with a riot of exuberant colours, prints and textures.

Teen Boy Brand Name Down-Filled Puffer Vest, $89.99, Brand Name Tech Hoodie, $39.99, Brand Name Nylon Sports Bag, $49.99, Brand Name Denim, $34.99, Suede Skate Shoes, $39.99; Teen Girl Brand Name Denim Vest, $39.99, Chiffon Button-Up Top, $19.99, Three-Quarter Sleeve Sweater, $19.99, Coloured Denim, $19.99, Cotton and Leather Aztec Bag, $49.99, Zip-Up Booties, $49.99. All available at Winners (winners.ca).

Girls — Coloured Denim

The shape: Skinny. The colours: Go crazy. Jeans are a perennial back-to-school style staple, but this season teen girls are taking the trend further with bold updates to basic blues.

Coloured and printed skinny jeans have been seen on celebs including Dakota Fanning, Taylor Swift and the Jenner sisters, so it's no surprise this trend is a big one for back to school. Think floral, geometric and animal prints.

First-day fashionistas will be pairing their statement denim with other bright, printed pieces to create an eclectic, modern-bohemian look.

Teen Boy Varsity-Inspired Cardigan, $39.99, Henley, $19.99, Flannel Button-Up Shirt, $16.99, Brand Name Coloured Denim, $39.99, Suede Desert Boots, $59.99; Teen Girl Blazer, $34.99, Printed Blouse, $29.99, Belt, $16.99, Peplum Skirt, $12.99, Suede Studded Slipper Shoes, $49.99. All available at Winners (winners.ca).

Girls — Upper East Side

A pretty take on private school style, the Upper East Side style pairs sweet with tailored to capture a preppy look with a twist. Printed tops in light, soft fabrics with pretty details like bows are tempered by dark, neutral tailored blazers to create a sleek look.

For more edge, add statement accessories like leopard leggings and studded slipper shoes.

Boys — Varsity/ Collegiate

Collegiate cool pieces are scoring top style marks for teen boys this fall. Varsity-style jackets and sweaters have been spotted on Brit bands like One Direction, as well as on homegrown celebs like Drake and Justin Bieber. Teen boys are looking to recreate similar looks for themselves this September. Paired with simple, dark-coloured jeans, letterman jackets and vintage-inspired collegiate cardigans deliver a look that's current while referencing classic American college style. Checked shirts are another fall staple. This season they are more tailored to the body and pair well with skinny jeans as part of a varsity-inspired ensemble.

Boys — Colour Blocking

This season's back-to-school style basics, like comfy cotton hoodies and nylon pack-away puffer vests, are updated in ultra-saturated neon hues and sporty styles. When paired with more subdued denim in blue or grey, these pieces take a balanced approach to colour blocking.

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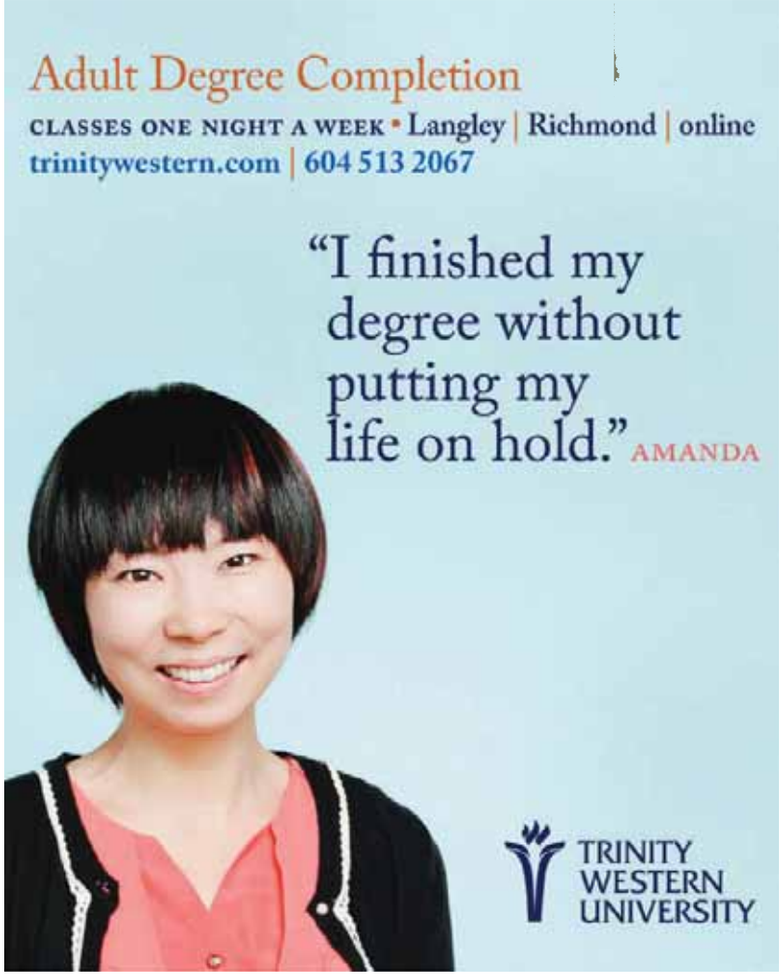

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MIKE YAWNEY
For Metro

Talk, text, and post pictures to Facebook. Sound familiar? Yes, smartphones and cameras make wonderful back-to-school gifts for the student in your life. Here are a few of the best devices to send to the classroom this fall.

Samsung Galaxy SIII — $159.99 (with contract).

iPhone 4s — $99 (three-year contract)
A smartphone that's easy on the eyes, literally. The high-resolution Retina display has such a high-pixel density, the human eye can't distinguish individual pixels, which means no eye strain. An ultra-fast processor ensures top performance while surfing the web or using any one of the more than 500,000 apps in Apple's App Store. The perfect phone for work and play.

HTC One X — $79.99 (three-year plan)
This Android smartphone has a lot going for it. An eight-megapixel camera let's you document student life without lugging around a bulky digital camera. Audiophiles will love the high-end sound from Beats Audio built right into the phone. Let's not forget about the 4.7-inch HD screen that allows you to watch movies in their full cinematic glory. That is, of course, once your homework is done.

Motorola Defy Pro — $0.01 (with contract)
Accidents happen. They just seem to happen to some more than others. The Motorola Defy Pro can handle spills, dust, scuffs and scratches, and features a full qwerty keyboard. The best feature may be its battery, which can handle 12 hours worth of talk before needing a charge.

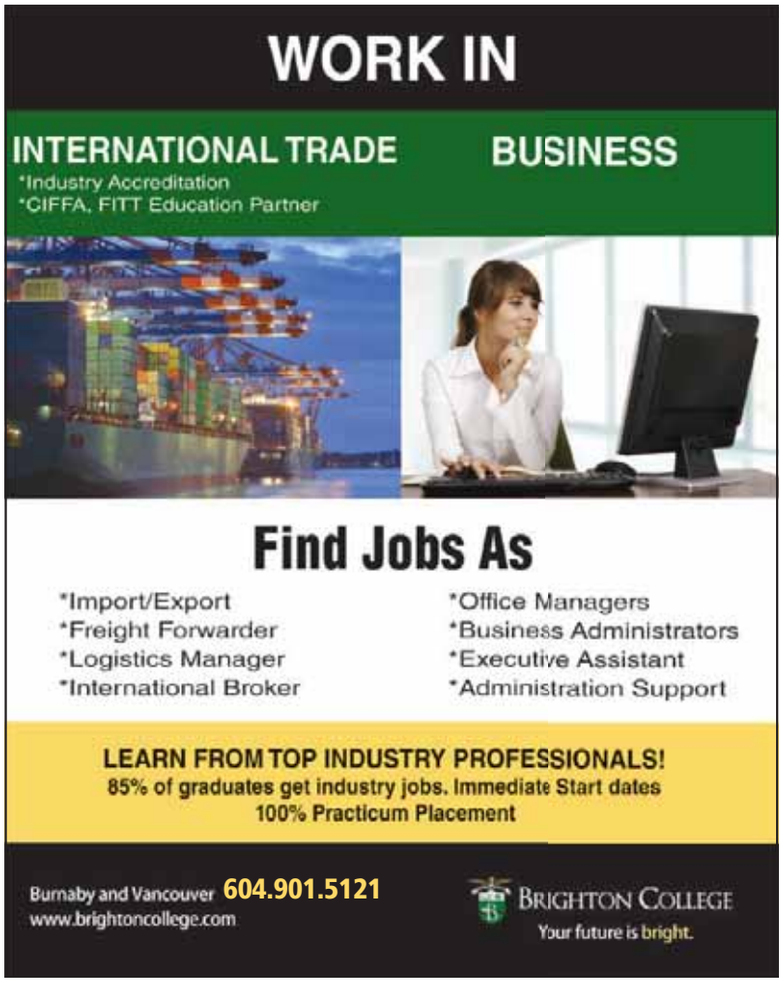
Samsung Galaxy SIII — $159.99 (with contract)
The hottest Android phone of the summer. This phone has all the bells and whistles. It will respond to your voice and will even monitor your eye movements so it never goes to sleep while you are looking at it. Have a friend who uses a Galaxy S3? Simply touch your phones together to transfer photos, music and videos.

Pentax Optio WG-2 — $349.95
Rough and rugged, this 16-megapixel camera can dish out even the toughest punishment from the most careless student. It's dust-proof, waterproof, shockproof, and crushproof. What's most impressive is its ability to take photos in macro mode from as close as one centimetre away, plus a digital microscope mode that allows for images of magnified objects.

Panasonic Lumix ZS20K — $399.99
A camera that's ready when you are. Light Speed Auto Focus allows this camera to focus in 0.1 seconds so you will never miss a moment of campus life. Not only does this 14.1-megapixel camera feature 20x optical zoom, it also has a special nano coating on the lens to block reflected light to prevent ghosting and unwanted flares.

Canon Powershot G1 X — $799
A 14.3-megapixel camera for students who expect more out of their photos. The GX 1 features an extra large CMOS sensor, roughly six times the size of that found in the Powershot G12, allowing more colour fidelity and sharper low light images. It's certainly not cheap for a fixed-lens camera, but its performance outshines other cameras in this category.

Clockwise, from top, Motorola Defy Pro — $0.01 (with contract), iPhone 4s — $99 (three-year contract), HTC One X — $79.99 (three-year plan), Panasonic Lumix ZS20K — $399.99, Canon Powershot G1 X — $799, Pentax Optio WG-2 — $349.95.



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Tennis

Berdych ousts Federer at Open

Five-time champion Roger Federer departed the U.S. Open before the semifinals for the first time since 2003, stunned by the sixth-seeded Tomas Berdych in the quarter-finals, 7-6 (1), 6-4, 3-6, 6-3 on Wednesday night.

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Roger Federer on Wednesday. GETTY IMAGES

Mixed martial arts

St-Pierre, Silva super-fight 'pretty close,' says White

UFC boss Dana White says should Georges St-Pierre defeat Carlos Condit, the Canadian mixed martial arts star will likely take on middleweight champion Anderson Silva next.

"I think we're pretty close," White, speaking on the UFC on Fuel TV show, said of the proposed super-fight between the two champions.

The 31-year-old St-Pierre (22-2) has not fought this year because of a knee injury but was recently given a clean bill of health and is expected to meet Condit, the interim title-holder, later this year.

THE CANADIAN PRESS

NFL

"You're not trying to get autographs from them, you're trying to win a game."

Rookie QB Andrew Luck on facing pro bowlers Julius Peppers and Brian Urlacher when his Indianapolis Colts take on the Chicago Bears this Sunday.

Cowboys get some payback against champion Giants

The Dallas Cowboys' Miles Austin catches a pass over the New York Giants' Justin Tryon Wednesday in East Rutherford, N.J. BILL KOSTROUN/THE ASSOCIATED PRESS

NFL. Dallas dominates rivals from New York for much of the night in season-opening game

The Dallas Cowboys waited all year for another shot at the New York Giants. When they got it in the 2012 season opener, they were ready.

So were the replacement officials, who barely were a story as Dallas dominated the Super Bowl champions for much of a 24-17 victory Wednesday night that wasn't nearly so close.

It won't make up for the New Year's Day loss that cost the Cowboys the NFC East title and sent the Giants on their way to the NFL championship. It sure could provide impetus for this season, though, particularly with the discovery of a new game-breaker, Kevin Ogletree.

While the officials were expected to be a big focus as the league's lockout of the regulars continued, there were no controversies, no blatant mistakes or rampant confusion. The spotlight belonged squarely on the Cowboys, from Tony Romo's three touchdown passes and 307 yards in the air to DeMarco Murray's 129 yards rushing to Ogletree's two scores.

Wednesday's game

Cowboys	Giants
24	17

Dallas' defence frustrated Eli Manning and his offence with three sacks and a half-dozen pressures, all before the largest crowd at MetLife Stadium for a Giants game. The 82,287 saw the defending league champs lose in the now-traditional midweek kickoff contest for the first time in nine such games.

When the Cowboys were threatened late — a spot they often have folded in against the Giants — Romo hit Ogletree for 15 yards on third down to clinch it. That gave Ogletree 114 yards on eight catches; he had 25 receptions for 294 yards and no scores entering the game.

Ogletree thoroughly fooled New York's top cornerback, Corey Webster, on his long score to start the second half — the kind of big play the Cowboys couldn't make enough of in that Jan. 1 showdown that ended their season. And they got another huge play from DeMarco Murray, who broke two tackles in the backfield, scooted down the right sideline for 48 yards, and set up Dan Bailey's 33-yard field goal for a 17-10 lead through three quarters.

After Manning connected with former Cowboys tight end Martellus Bennett for a nine-yard touchdown with 2:36 remaining, Dallas never gave the ball back.

Murray's counterpart with the Giants, Ahmad Bradshaw, scored on a 10-yard run — New York's first effective rush all game — for the hosts' first touchdown. And Ogletree's opposite number, Giants third wideout Domenik Hixon, made a spectacular leaping grab for 39 yards over two defenders to set up that score.

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Ogletree shines

- The Cowboys' big-time receivers — Miles Austin, Dez Bryant and Jason Witten — were eclipsed by Ogletree, who sure didn't resemble a backup.
- In the first half, he had five catches for 47 yards and a TD, and broke free for a 40-yard reception early in the third quarter.

Simon sits again but says he'll play Saturday

Geroy Simon, right, fails to make the catch as he's tackled by Deon Beasley of the Winnipeg Blue Bombers during the Grey Cup on Nov. 27, 2011, in Vancouver. Simon sat out practice on Wednesday. JEFF VINNICK/GETTY IMAGES

Geroy Simon was in plenty of pain Wednesday at B.C. Lions practice.

However, the discomfort was more emotional than physical as the slotback stood and watched his teammates work without him for the second straight day. After testing out a wonky hamstring on his own, he declared himself fit to play in Saturday's rematch with the Montreal Alouettes at BC Place.

"It felt good," said Simon. "I felt quick, I felt fast, I didn't feel any pain, I didn't feel any tightness. So I feel really good — ready to go."

Iron man

Geroy Simon, the CFL's all-time leading receiver, has not missed a game since he was sidelined for two contests in 2008, also with a hamstring injury.

Simon's absence raised questions because he said a day earlier he would practise. He was sidelined in the second quarter of last weekend's 30-25 loss in Montreal.

The 13-year veteran is anxious to show what he could have done if he had been healthy. The West Division-leading Lions (6-3) are seeking to increase the precarious two-point lead they currently hold over the second-place Calgary Stampeders. The East Division-leading Als (6-3) have a similar advantage over the Toronto Argonauts.

"For me to come out here and just have to watch practice, it hurts," said Simon. "Me not being able to play, it makes it even worse. I felt that I could have helped the team, and I could have been a deciding factor. But, unfortunately, I wasn't there."

THE CANADIAN PRESS

Mobile sports

Imagine if an athlete checked into a clinic to get his legs artificially lengthened, then came back to beat Usain Bolt over 200 metres on surgically improved limbs. Is such a day far off? Scan the code for the story.

Horoscopes

♈ Aries
March 21 - April 20
It seems you can do no wrong where affairs of the heart are concerned. You are affectionate in the extreme at the moment, but you must be selective. Try not to fall madly in love with everyone!

♉ Taurus
April 21 - May 21
Moderation is a must because if you go too far you will find it hard to stop. By all means have fun but be wary of people who try to persuade you to go places and do things that invite trouble.

♊ Gemini
May 22 - June 21
People you meet while traveling or socializing will be fun and there is even a chance of romance. You are advised though not to take new relationships too seriously. They are unlikely to stand the test of time.

♋ Cancer
June 22 - July 23
You need cheering up a bit and if spending money does it for you then go right ahead. There are worse things in life than splashing out on the occasional luxury, and no one can say you don't deserve it.

♌ Leo
July 24 - Aug. 23
Venus in your sign over the next few weeks will make you more laid back than usual but there is a danger that you could be a bit too casual in your ways. Also, keep personal feelings out of business matters.

♍ Virgo
Aug. 24 - Sept. 23
By all means, help others in need but first make sure that they are genuine and deserving cases. Sadly, some people will feign all sorts of misfortune just to get a few extra bucks. Don't fall for it.

♎ Libra
Sept. 24 - Oct. 23
You will go out of your way to avoid confrontation today, which is good, but don't give so much that others come to expect it of you. Yes, it is possible to be too nice.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to be suspicious if someone in a position of authority suddenly seems to think you are the best thing since sliced bread. It's possible they are after something but more likely they genuinely appreciate you.

♐ Sagittarius
Nov. 23 - Dec. 21
This should be a productive day for you but don't try too hard or you might strain something. Good things will come your way whether or not you make much of an effort, so sit back and let it happen.

♑ Capricorn
Dec. 22 - Jan. 20
If you need to discuss matters related to your wealth, such as investments or property, this is as good a day as any. Know what you want but be prepared to compromise too. Everyone can be a winner.

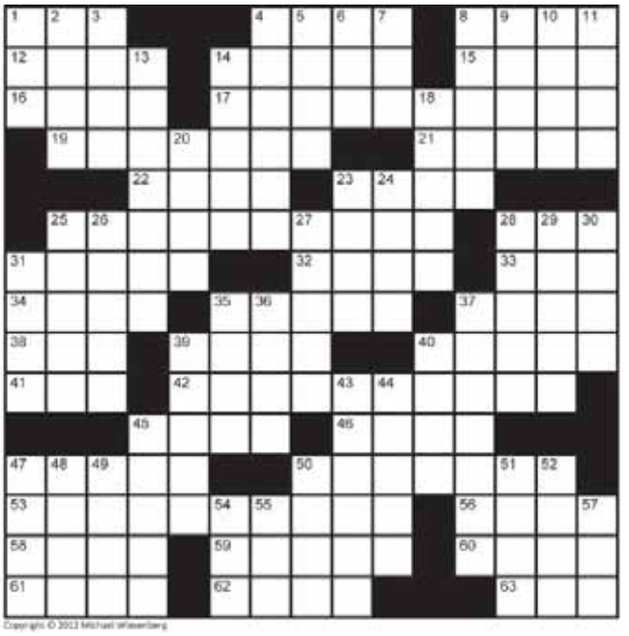
♒ Aquarius
Jan. 21 - Feb. 19
Venus moves into your opposite sign of Leo today, making you more open and affectionate than usual. Any relationship problems you've been having can easily be resolved. All it requires is a bit of give and take.

♓ Pisces
Feb. 20 - March 20
Wishful thinking may be fun but it does not pay the bills. Two things are needed now: a clear goal and a realistic idea of how you are going to get from where you are to where you want to be.

SALLY BROMPTON

Crossword: A PM, Distance, and Two Flora

BY MICHAEL WIESENBERG



Across
1. Big ___: large truck
4. Drink in one gulp
8. Apple attachment
12. "___ I care" (2 wds.)
14. Scarlett ___
15. Skin opening
16. Lima's land
17. 21st PM (2003-2006) (2 wds.)
19. Author of a mournful poem lamenting the dead
21. Vancouver CFL Team
22. Boor
23. Ship's jail
25. Trans-Canada Highway distances
28. "I ___ You, Babe": Sonny and Cher hit
31. Hereditary units
32. Chair or bench
33. "Mais, ___!"
34. Praise
35. Pick ___: draw from the deck (magician's instruction) (2 wds)
37. Either point of a crescent moon
38. Corn, form, or cycle prefix
39. At some distance
40. Hudson's Bay Company's early stock
41. Ancient Egyptian boy king
42. Prominent Prairie Provinces feature
45. Long, long time
46. "___ That a Shame"
47. "I Can't ___ Satisfaction": Rolling Stones (2 wds.)
50. Neither animal nor vegetable
53. BC's wooded tropical region (2 wds.)
56. Grandson of Adam who reputedly lived to 905
58. ___ of Man or Capri
59. Leonard ___: *Star Trek* Spock portrayer
60. Comedy sketch
61. Head: Fr.
62. Black
63. Donkey

Down
1. Eminem's forte
2. "Understood!" (2 wds.)
3. Young female
4. Pure and virtuous
5. High: Fr.
6. http://www.metronews.ca, e.g.
7. Attractive leg, slangily
8. Bit of mistletoe or holly
9. Dorothy's dog
10. ___ go bragh
11. ___ room: loo
13. Gassed up
14. Drug from poppies
18. Like top-name celebrities (2 wds.)
20. Sticky substances
23. Uncle Remus character ___ Rabbit
24. Peruse
25. Canadian star Reeves
26. Yukon natives
27. Bygone Russian despots
28. Elliott of *Ocean's 11, 12, 13*
29. Boots from office
30. Restaurant table leavings
31. Surfeit
35. Bushy hairdo
36. *The Godfather* actor James
37. Shopping ___: malls
39. ___ Aquarius, Innocence, or Reason (2 wds.)
40. Window unit
43. Printemps, par exemple
44. Covered with tiny cloth fibers
45. Year: Fr.
47. Canadian Liberal
48. Let up on
49. Full ___: at top speed
50. Short note
51. Ottawa-born singer-composer Paul
52. ___ & *Clark*: American television series based on the Superman comic books
54. Single
55. Adam's ___: Eve's "source"
57. Yonge in Toronto and Main in Winnipeg: abbr.

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	3	9		4		1		
2								7
6		5		8				
9		2	4			6		
	8						1	
		6			7	8		2
				6		3		1
5								8
		4		9		5	7	

Yesterday's Sudoku

Today 23°/14° Sunny
Friday 24°/16° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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